

Breakfast | Snack

Peanut Butter Banana Smoothie

5 Mins
Prep Time

1-2 Mins
Cook Time

1
Serving

381 Calories **15g** Fat **52g** Carbs **13g** Protein



Ingredients

1 Serving **6-7 Mins** Total Time **Allergens:** Dairy, Nuts

½ Ripe Banana 

½ Cup Vanilla, Coconut-Based Yogurt (such as So Delicious®) 

1 Tbsp Peanut Butter, smooth

1 Cup Low Fat Milk

1 Tsp Cinnamon 

¼ Tsp Vanilla Extract

Ice (omit if cold is bothersome)

Allergen Swap

Dairy Use a dairy-free yogurt (soy, coconut, nut milk)

Nuts Use a nut-free substitute, such as SunButter®

Nourishment Note



Bananas

Bananas help bind water and slow digestion, minimizing bathroom trips.



Yogurt

Yogurt contains beneficial probiotics that may help heal the gut.



Cinnamon

Cinnamon may help lower inflammation within the body, reducing symptoms associated with Crohn's disease and ulcerative colitis.

Instructions

1. Blend Ingredients

Add all ingredients to a blender. Blend for approximately 1-2 minutes, until smooth.

2. Serve & Enjoy

Once fully blended, serve in a tall glass and enjoy!

Recipe Created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cup



Measuring Spoons



Blender



Glass

- Choose a traditional vanilla Greek yogurt to increase protein content.