

PBJ smoothie

Makes 1 serving

1½ to 1 frozen banana
½ cup blueberries
½ cup almond milk
1 tablespoon peanut butter
½ cup vanilla nonfat Greek yogurt
handful of ice (1/3 cup)



Add all ingredients to blender and blend. You're done!

Modifications: sub strawberries or raspberries for blueberries. Sub sunbutter or other nut butter for PB. Use dairy milk, soy, or oat milk in place of almond milk.



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