

# beauty food.

## PEANUT NUTTER & JELLY SMOOTHIE BOWL

*Recipe*



# PEANUT NUTTER & jelly smoothie bowl

beauty  
food.

SERVES 2

✓ GLUTEN-FREE ✓ DAIRY-FREE

2.6G SUGAR/SERVE

PREP ~ 2 MINS

*This smoothie bowl is low effort and high reward. Just a few pantry staple ingredients will get you an insta-worthy smoothie bowl in 2 minutes flat. It's lush and thick and best eaten with a spoon.*

## INGREDIENTS

- 4 medium bananas, chopped and frozen
- ½ cup Beauty Food Peanut Nutter Nut Butter
- 1 teaspoon vanilla extract
- 1 tablespoon chia seeds
- 1 cup almond milk
- 1 cup raspberries
- 2 packets Beauty Food Peanut Nutter Cookies

## METHOD

Mash the raspberries together with a fork in a small bowl. Set aside.

Add frozen bananas, vanilla, almond milk, chia seeds and half of the Beauty Food Peanut Nutter Nut Butter to a blender. Blend on high until smooth. You want the consistency to be thick, but add a little more almond milk if you need to get the smoothie to combine.

Divide the Peanut Smoothie between two small bowls. Spoon over the mashed raspberries, the remaining 2 tablespoons of Beauty Food Peanut Nutter Nut Butter and crumble over the Peanut Butter Cookies to serve.

## ★ NOTES

For a smoothie on the go, just add all ingredients straight into the blender including the cookies and raspberries, adding a dash more milk or water so the smoothie is drinkable. Pour into a jar to go!