

PB & J Smoothie

A delicious and creamy smoothie created to fuel those busy days. With school holidays just around the corner, keep this one flagged for a tasty afternoon pick me up that your kids will love.

Ingredients

2 x bananas (very ripe)
2 x heaped tablespoons GoodFor Crunchy Peanut Butter
1 x tablespoon vanilla pea protein
1 x handful of frozen or fresh strawberries OR 1 x tablespoon of sugar-free strawberry jam
Large handful of ice
1.5 cup water (or oat milk)

Method

Method: Add all ingredients into the blender and blend until smooth.
Serve in a tall glass with a stainless steel straw.

