



# PEANUT BUTTER SMOOTHIE

*High in protein and full of flavour, you can't go wrong with a good peanut butter smoothie!*

## INGREDIENTS

- 1 frozen banana
- 2 Tbsp peanut butter
- 2 cups strawberries
- 1 cup cream

**SERVES: 2**  
**SETTING: SMOOTHIE**  
**PREP TIME: 2 MIN**  
**BLEND TIME: 50 SEC**

## DIRECTIONS

- 1. Place banana, peanut butter, strawberries and cream into the Mealio® Blender.**
- 2. Push the 'SMOOTHIE' button to start the blending.**
- 3. Pour your smoothie into a glass and garnish to taste.**