

Three-Ingredient Peanut Butter Smoothie

Smoothie lovers, let me tell you about the incredible



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INGREDIENTS

, this smoothie offers a creamy and delicious burst of flavor, along with a protein kick that is perfect for my busy mornings or a quick afternoon pick-me-up. Let me walk you through

DIRECTIONS

1. The ingredients I use for this smoothie are
2. peanut butter
3. . You may customize it based on your preferences or dietary needs-any type of milk works, whether it's dairy, almond, soy, or oat. I personally love using almond milk for its slightly nutty flavor, but feel free to choose whatever suits your taste or dietary restrictions.
4. To start, I peel one ripe banana and break it into chunks. Not only does the banana add sweetness to my smoothie, but it also contributes necessary nutrients like potassium and fiber. If you prefer a chilled drink, you can slice the banana and freeze it ahead of time. This step will create a thicker and colder smoothie that I enjoy.
5. Next, I get my trusty
6. . I usually use creamy peanut butter for a smooth texture, but if you prefer crunchy peanut butter, go ahead and add it instead for some extra texture. I measure out about two tablespoons, but you can adjust the quantity to your liking depending on how much peanut flavor you want in your smoothie.
7. Now, it's time to combine everything! I pour one cup of milk into my blender, followed by the banana chunks and peanut butter. This combination is delicious on its own, but if you want to jazz it up, you can add a teaspoon of honey or a sprinkle of cinnamon. However, I like to keep it simple and straightforward with just the three main ingredients.
8. With everything in the blender, I secure the lid and blend on high until the mixture is smooth and creamy. Usually, this takes around 30 seconds to a minute. If I find my smoothie is too thick, I add a little more milk to reach my desired consistency. Once it's

blended to perfection, I pour the smoothie into a glass. If I'm feeling fancy, I like to top it off with a few slices of banana or a drizzle of peanut butter on the surface for a beautiful finish!

9. Three-: Ingredient Peanut Butter Smoothie
10. is not only quick to make, but it's also packed with flavor and nutrients. I enjoy it as a filling breakfast, a post-workout snack, or even as a dessert when I'm craving something sweet. Plus, clean-up is a breeze-just rinse the blender and you're good to go!
11. If you're looking for an effortless way to enjoy a delicious and nutritious drink, I highly recommend trying out this
12. Peanut : Butter Smoothie
13. . I'm sure it'll quickly become one of your favorites too!

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Original recipe: <https://chefmaniac.com/threeingredient-peanut-butter-smoothie/>