

Easy 5-Ingredient Peanut Butter Banana Smoothie

Peanut Butter Banana Smoothie - Creamy, Nutty, Perfect Anytime! ???



PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

BINDER
Ready

INGREDIENTS

- 2 bananas, broken into chunks
- 2 cups milk (dairy or non-dairy)
- 1/2 cup peanut butter
- 2 tablespoons honey, or to taste
- 2 cups ice cubes

DIRECTIONS

- 1.** Gather Ingredients: Make sure your bananas are ripe for the best natural sweetness.
- 2.** Blend: In a high-powered blender, combine the bananas, milk, peanut butter, honey, and ice.
- 3.** Blend Until Smooth: Blend for about 30-45 seconds, or until the smoothie is creamy and lump-free.
- 4.** Serve Immediately: Pour into tall glasses and enjoy cold!

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-5-ingredient-peanut-butter-banana-smoothie/>