

The Smooth, Satisfying Peanut Butter Banana Smoothie I Rely on for Breakfast and Snacks

This peanut butter banana smoothie hits all the right notes:



PEANUT BUTTER BANANA
SMOOTHIE

You Will Need

- 1 ripe banana, frozen for extra creaminess
- 1 cup milk (dairy or non-dairy)
- 2 tbsp peanut butter (smooth or crunchy)

TIME
5 min

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INGREDIENTS

- 1 large ripe banana (frozen or fresh)
- 2 tablespoons peanut butter (smooth or crunchy)
- 1/2 cup Greek yogurt (plain or vanilla)
- 3/4 cup milk (dairy or plant-based)
- 1 tablespoon honey or maple syrup (optional)
- 1/2 teaspoon vanilla extract
- A handful of ice cubes (if using fresh banana)
- Optional add-ins: a tablespoon of chia seeds, ground flax, or a scoop of protein powder

DIRECTIONS

- 1. Prep the Ingredients:** If I have time, I like to peel and freeze ripe bananas in advance - they make the smoothie extra creamy and cold without needing ice.
- 2. Blend Everything Together:** I toss the banana, peanut butter, Greek yogurt, milk, vanilla extract, and honey into the blender. If I'm using fresh banana, I'll add a handful of ice cubes for that thick, frosty texture.
- 3. Adjust the Texture:** I blend until smooth and creamy, stopping to scrape down the sides if needed. If it's too thick, I add a splash more milk. If it's too thin, a few more ice cubes or frozen banana chunks do the trick.
- 4. Serve Immediately:** I pour the smoothie into a tall glass and sometimes top it with a sprinkle of cinnamon or a few crushed peanuts for extra crunch.

SWAPS & NOTES

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