



## PB Chocolate 'Nana Smoothie



Entire recipe (about 16 oz.): 152 calories, 4.5g total fat (0.5g sat. fat), 244mg sodium, 19.5g carbs, 4g fiber, 9g sugars, 12g protein

**Prep:** 5 minutes



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### Ingredients

3/4 cup unsweetened vanilla almond milk  
1/3 cup sliced and frozen banana  
2 tbsp. chocolate protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))  
2 tbsp. [powdered peanut butter](#)  
1 1/4 cup crushed ice *or* 6 - 10 ice cubes

### Directions

Place all ingredients in a blender. Blend at high speed until smooth, stopping and stirring if needed.

MAKES 1 SERVING

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