



Spinach PEANUT BUTTER & BANANA SMOOTHIE

1 SERVING 5 MINUTES

INGREDIENTS

- 1 cup plain kefir
- 1 tablespoon peanut butter
- 1 cup spinach
- 1 frozen banana
- 1 tablespoon honey (Optional)

DIRECTIONS

1. Add kefir, peanut butter, spinach, banana and honey (if using) to a blender. Blend until smooth.

calories 324
total carbohydrate 45g
dietary fiber 5g
protein 16g
total fat 11g