

## Choco-Peanut Butter Smoothie

### Ingredients:

- 1 tbsp All-natural peanut butter
- 1 cup 1% chocolate milk
- ½ cup low fat vanilla yogurt
- 1 Banana
- 3 ice cubes
- water as need to achieve consistency



### Making it:

1. Combine all ingredients in a blender.
2. Blend until smooth.

### Tips and Hints:

- Use extra milk instead of water to boost up calories, calcium and vitamin D.
- Nutritional information may vary slightly depending on yogurt brand use.

### NUTRITION FACTS

Servings: 1  
 Serving Size: 1 smoothie

<b>Total Calories</b>	<b>435</b>
Carbohydrate	66 g
Total Fat	8 g
Protein	16 g
Fiber	4 g

Prep Time: 5  
 Cook Time: 0