

PEANUT BUTTER + BANANA SMOOTHIE

A protein rich and satisfying smoothie to work as a meal or replenish an intense workout!

SERVINGS	SERVING SIZE	TIME TO MAKE
2	~6-8 FL OZ	10 MINUTES

INGREDIENTS

- 1/2 Cup Peanut Butter
- 1 Banana, Frozen
- 1/2 Cup Ice
- 1 Tablespoon Honey (or Maple Syrup for vegans)
- 1 Cup Plant Based Milk
- 2 scoops Essential Stacks Friendly Prebiotics
- 2 scoops Essential Stacks Gut Collagen

DIRECTIONS

1. Add all ingredients into blender, in same order as listed.
2. Blend until there are no lumps or bumps.
3. Enjoy!

Nutritional Information per serving: 449 Calories, 29 grams Fat, 5 gram Saturated Fat, 28 mg Cholesterol, 261 mg Sodium, 37 grams Total Carbohydrates, 3 gram Fiber, 1 grams Sugar, 19 grams Protein, 1% Vitamin A, 6% Vitamin C, 9% Calcium, 1% Iron

*Using organic ingredients helps with the cleansing and ensuring the items are as clean as possible and free of unwanted contaminants like herbicides, pesticides, etc.