

Banana peanut butter smoothie

Takes 5 minutes serves 2 and uses a blender

INGREDIENTS

2 bananas (approx 220g, peeled weight) chopped and frozen

300ml milk of your choice, use whatever you want from cow through to hemp.

1/2 teaspoon ground cinamon

50g peanut butter

DIRECTIONS

Place all of the ingredients into your blender and blend until smooth. Drink. Make again. Repeat.

