

Goin' Bananas



You will go bananas for this delicious peanut butter, banana, and chocolate smoothie.

Photo Contest!



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Nutrition Info

Makes: fluid ounces
= cups
= milliliters (mL)

Calories: 910 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 50.5%

Protein: 13%

Fat: 36.6%

Make it for the whole family:

Enjoy this delicious blend as a smoothie with your tubie!

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Ingredients

- 1 ½ cup skim milk
- 3 tablespoons smooth peanut butter
- 2 tablespoons Nutella
- 2 medium bananas
- ½ cup kale or other leafy greens
- ¼ cup instant rolled oats, dry (or dry toasted)

Preparation

1. Add all ingredients to blender in order listed, blend until smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

Measuring tools:

- 1 cup
- ½ cup
- ¼ cup
- Tablespoon

Tips

Add more PB or Nutella to make this more of a dessert for those who like a sweeter smoothie.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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