

## PB & J



*A take on the classic peanut butter and jelly sandwich, this blend also includes important probiotics for digestive health and healthy omega-3 fat.*



### Nutrition Info

- Makes:** 29 fluid ounces  
= 3  $\frac{2}{3}$  cups  
= 860 milliliters (mL)
- Calories:** 820 kcal
- Kcals/ mL:** 0.95 kcal/ mL
- Carbohydrate:** 39%
- Protein:** 19%
- Fat:** 42%

### Make it for the whole family:

Enjoy a peanut butter and jelly sandwich on whole wheat bread with your tubie.

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## Ingredients

- 1 cup 2% milk
- 1 cup plain, lowfat kefir
- 1 teaspoon olive or flaxseed oil
- 3 tablespoons peanut butter
- 3 slices whole grain bread (approximately 100 calories per slice)
- 1 cup strawberries, stems removed or frozen

## 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

High power blender

Measuring tools:

- 1 cup
- Tablespoon
- Teaspoon

## Tips

Swap out the strawberries for different fruits for more variety.

Swap out other nut butters for peanut butter for more variety.

Fresh or frozen fruit can be used.



For more recipes and information visit [www.CookingForTubies.com](http://www.CookingForTubies.com)  
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