

Peanut Butter and Banana Smoothie

½ cup vanilla yogurt (2 grams or less added sugar)

½ cup milk

1 Tbsp peanut butter (2 grams or less added sugar)

½ banana

Optional: ½ -1 scoop plain, vanilla or chocolate protein powder

Place all ingredients in blender and blend until smooth. Makes 1 serving.

Nutrition information per serving (not including optional protein powder): 251 calories, 12 grams protein, 8 grams fat, 35 grams carbohydrate, 147 mg sodium.