

Peanut Butter Banana Smoothie

Number of Servings: 2

Prep Time: 10 minutes

Ingredients

3-4 frozen Bananas

2 tbsp Flax meal

1/4 cup Peanut Butter

2 tbsp Cocoa Powder

1 tbsp Agave Nectar

2 cups soymilk

Instructions

Whenever the bananas get to old to eat in our house, I stick them in the freezer to be used later in baking. They are the perfect freezer food, they come already wrapped no containers or plastic bags necessary. To use frozen bananas remove from freezer and remove the peel. I typically cut the ends of each banana, then slice down the outside and inside. The peel should, with some thumb power, pop off the banana. I use the same method for banana muffins.

Combine everything in a blender and start at the lowest speed working your way up to full speed. The idea is to get it as whipped up as possible.