



Simple | Healthy | Delicious

Peanut Berry Smoothie

INGREDIENTS

2 to 3 tablespoons Nature's Earthly Choice™ Peanut Powder

1 cup frozen berries

1 ½ cup milk of choice

½ banana

½ tablespoon pure vanilla extract

1 tablespoon honey or maple syrup



DIRECTIONS:

1. In a blender, combine peanut powder, berries, milk, banana, vanilla extract, and honey.
2. Cover and blend until smooth.
3. Pour into a glass and garnish with frozen berries, oats, coconut flakes, or more peanut powder.