

Peanut Butter Banana Smoothie

Serves 2

Ingredients

2 overripe, frozen large bananas
4-6 tbsp peanut butter
1 1/2 to 2 cups milk of choice, depending on desired thickness
scant 1/8 tsp salt
optional 1/3 cup quick oats or rolled oats
sweetener of choice, to taste
optional scoop protein powder

*If you want an even thicker shake, feel free to add an extra banana. The bananas should be at least partially brown before peeling and freezing.

To make the peanut butter banana smoothie recipe, blend the oats until a fine powder forms, then add all remaining ingredients and blend until smooth. Drink immediately, or store in a covered container in the refrigerator if you'd prefer to make the smoothie the night before.

Credit: chocolatecoveredkatie.com