

Peanut Butter Smoothie

Servings: 2

Prep Time: 5min

Cook Time: 0



Ingredients

- 2 bananas
- 2 small red apples
- 1 heaped tbsp. peanut butter²
- 2–3 cups yoghurt; plain

Directions

1. Chop the apples into small pieces, keeping the peel on.
2. Place all of the ingredients in a blender, and blend until smooth.
3. Pour into small glasses and serve. If you want a more watery consistency, add some low fat milk or more water.