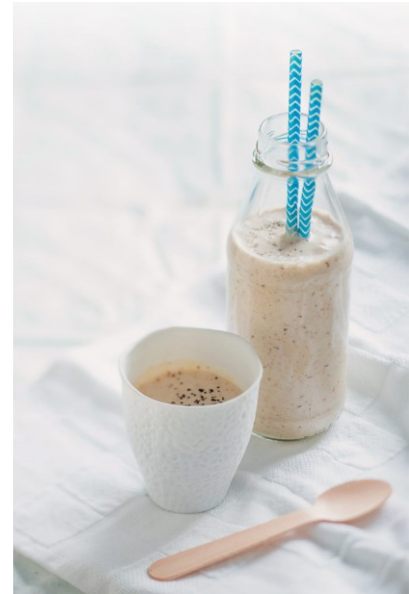


Banana, Peanut Butter and Espresso Smoothie

Servings: 2

Prep Time: 5min

Cook Time: 0



Ingredients

- 2 ripe bananas, peeled
- 1 strong espresso shot
- 125ml (½ cup) fat-free Bulgarian yoghurt
- 30ml (2 tbsp) crunchy peanut butter
- 125ml (½ cup) crushed ice

Directions

1. Place the bananas, cooled espresso shot, yoghurt, peanut butter and crushed ice in a blender and blitz until completely smooth.
2. Serve immediately.