

SMOOTHIE

PEANUT BUTTER BANANA

INGREDIENTS:

- 2 Cups Frozen Bananas
- 1 Cup Milk Alternative
- 1-2 tbsp All Natural Peanut Butter
- 2 Scoops Bioteen Vanilla or Unflavoured Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth.

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