



PB&J PROTEIN SMOOTHIE



2 serving



5 minutes

INGREDIENTS

- 1 frozen banana
- 2 cups frozen blueberries
- 2 cups unsweetened almond milk
- 2 TBSP natural peanut butter
- 1/2 cup oatmeal
- 2 scoops Vanilla Ice Cream Mons Pura Protein Powder

NUTRITION

Per Serving

Total Calories: 434

Total Fat: 14.3 g

Total Carbohydrates: 46.7 g

Total Protein: 33.4 g

DIRECTIONS

1. In blender, combine all ingredients in the following order: milk, protein powder, oats, peanut butter, blueberries, and banana.

*You can make different variations of this smoothie by mixing up which frozen berries you use.

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