

# CATHERINE'S PB & J SMOOTHIE

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Prep. time:	Cook time:	Serves:
10 min	N/A	1

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## INGREDIENTS

Mix all in blender:

- 1 cup almond milk
- 1 banana, frozen
- ¼ cup strawberries
- ¼ cup red raspberries
- ¼ cup black raspberries
- 2 Tbsp honey roasted peanut butter
- 1 Tbsp chia seeds
- 1 scoop peanut butter protein Powder
- 1 cup ice (if using frozen fruit, omit ice)
- 2 Tbsp peanut butter