

Green Peanut Butter and Banana Smoothie



Ingredients:

- 1 banana
- 1 cup low-fat milk
- 1 cup torn kale
- 2 tablespoons peanut butter
- 1/4 teaspoon ground cinnamon
- 1/2 cup ice

Directions:

1. Add all ingredients to a blender and cover.
2. Blend until smooth.
3. Serve immediately.
4. Refrigerate or freeze leftovers.

Makes 2 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>