



Spinach, Peanut Butter & Banana Smoothie

Yield 1 serving. Recipe from eatingwell.com.

Ingredients

- 1 cup plain kefir
- 1 tablespoon peanut butter
- 1 cup spinach
- 1 frozen banana
- 1 tablespoon honey (Optional)

Nutritional info

Calories	324
Total Fat	11g
Cholesterol	13mg
Sodium	220mg
Total Carbohydrates	13mg
Protein	16g
Vitamin A	27mcg
Calcium	416mg
Iron	3mg
Potassium	951mg

Directions

1. Add kefir, peanut butter, spinach, banana and honey (if using) to a blender.
2. Blend until smooth.