

## Peanut Butter Cup Smoothie



**1 large banana, peeled and sliced**

**2 Tablespoons peanut butter (smooth)**

**2 large dates (pitted) *\*Can find these by the raisins***

**1 Tablespoon cocoa powder**

**1 cup almond milk (original)**

**½ cup ice**

-Add banana, peanut butter, dates, and cocoa powder into blender. Blend until combined. Slowly add in almond milk and ice until desired consistency is reached.

Nutrition info: 382 calories, 21 g fat, 43 g carbohydrates, 14 g protein, 9 g fiber

## Strawberry Banana Smoothie



**1 cup strawberries (fresh or frozen, stems removed)**

**1 small banana or ½ large banana**

**½ cup fresh spinach**

**¼ cup 100% apple juice**

**¼ cup ice**

**½ cup 2% milk**

-Add strawberries, banana, spinach, apple juice, and ice into blender. Blend until combined. Slowly add in milk and blend. Can add additional ½ cup milk to reach desired consistency.

Nutrition info: 100 calories, 2.5 g fat, 25 g carbohydrates, 4 g protein, 4 g fiber

## Pumpkin Cheesecake Smoothie



**½ cup canned pumpkin**

**½ cup low-fat vanilla yogurt**

**½ cup 2% milk**

**1 Tablespoon honey**

**1 teaspoon cinnamon or pumpkin spice**

-Add all ingredients to blender, blend until smooth

Nutrition info: 210 calories, 2.5 g fat, 41 g carbs, 12 g protein, 4 g fiber