

Peanut Butter Banana Smoothie

Ingredients:

- 1 cup soy milk, plain
- 1 medium banana, quartered
- 1 tbsp. peanut butter, creamy
- 3 ice cubes



Nutrition Facts

Serving Size 1 cup or 8 oz (227g)
Servings Per Container 2

Amount Per Serving

Calories 150 **Calories from Fat** 60

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 6g	

Vitamin A 6% • Vitamin C 8%

Calcium 15% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. Blend all ingredients in blender until smooth; about 2 minutes.