

# Banana Brew Smoothie

Our favorite mid day pick me up smoothie that is not only a good way to get you going but also packed with nutrients and protein to fuel the rest of your afternoon.

## Serving Size



## Ingredients

- 2 frozen, chopped bananas
- 1 cup plant milk (almond, oat, soy, etc.)
- 1 scoop vanilla protein powder
- 2 shots of espresso
- 2 tbsp peanut butter



## Instructions

Place the frozen, chopped bananas into a blender with the plant milk and add the vanilla protein powder.

Brew two shots of espresso and pour them into the blender. Add the peanut butter and blend all the ingredients together until smooth and creamy.

Pour the smoothie into a 16oz jar and enjoy your Banana Brew Smoothie!