

Iced Banana-Peanut Ice Cream Smoothie



Brimming with the natural sweetness of bananas and the creamy richness of peanuts, this delightful snack is protein-packed, satisfying your cravings while nourishing your body.

Preparation 7 min

Cooking 0 min

Servings 2

Nutrition Facts (per serving)

Calories 520

Fat 27

Carbohydrates 47

Fibre 13

Protein 19

Sodium 124

Ingredients

- 2 frozen bananas cut into slices
- 5 ml (1 tsp) vanilla
- 1 avocado
- 30 ml (2 tbsp) of peanut butter powder (or 1 tbsp natural peanut butter)
- 125 ml (½ cup) of milk (cow's, soy, almond, rice)
- 125 ml (½ cup) of Greek yogurt Blueberries (or fruits of choice)

Preparation

1. Put all of the ingredients in the blender, except for the blueberries and the granola.
2. Top everything off with fruits and homemade granola.

Notes



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