

Banana-Peanut Butter Smoothies

Read it! (Read your recipe all the way through before you begin!)

Place it! (Get everything out and ready to cook.)

Ingredients:

1 ripe banana, quartered and frozen
 $\frac{1}{2}$ cup skim milk
 $\frac{1}{4}$ cup plain or vanilla nonfat yogurt
1 $\frac{1}{2}$ Tbsp. creamy, natural peanut butter
1 tsp. wheat germ
2 ice cubes
1-2 squirts reduced calorie chocolate syrup

Create it! (Time to COOK!)

1. Combine all ingredients in a blender and blend until smooth.
2. Enjoy!



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