

# Peanut Butter Smoothie

Yield: 1 min  
Total Time: 721 min

Recipe from: <https://www.recipeschoose.com/recipes/peanut-butter-smoothie-recipe-south-africa>

## Ingredients:

- 1 banana large, frozen and cut into 1" sections
- 1 cup chocolate milk
- 1 tablespoon peanut butter

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 60 grams
3. Cholesterol: 20 milligrams
4. Fat: 13 grams
5. Fiber: 7 grams
6. Protein: 13 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 240 milligrams
9. Sugar: 41 grams

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