

# Banana Berry Smoothie

Prep Time: 10-15 minutes

Servings: 1

## Ingredients:

- ~ 1 cup milk of choice
- ~ 1 small banana
- ~ 1/2 cup frozen blueberries
- ~ 1 cup spinach or kale
- ~ 1 tablespoon peanut butter
- ~ 3/4 cup Greek yogurt

## Directions:

1. Place in blender, blend until smooth and serve!



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