



Peanut Butter Banana Spinach Smoothie

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You will need:

1 cup of milk (I use coconut milk but any kind will work)

2 cups of baby spinach (sometimes I add kale)

2 frozen bananas

2 tables spoons of peanut butter

A handful of other frozen fruit (I usually add in a handful of some other frozen berries just to change up the favor) This step is optional and depends on what mood I'm in.

THIS IS A TWEAKED RECIPE ORIGINALLY FROM
BAREFOOTINTHEKITCHEN.COM

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