

Peanut Butter, Banana, and Flax Smoothie



Servings: 2 Serving size: $\frac{3}{4}$ of a cup

Nutrition Information:

32g carbohydrates
229 calories
8g fat
2g saturated fat
113mg sodium
4g fiber
9g protein
211mg calcium

Ingredients:

1 cup 1% low fat milk	1 tsp. honey
1 cup vanilla fat-free yogurt	$\frac{1}{2}$ tsp. vanilla extract
2 tbsp. ground flaxseed	1 ripe banana, sliced
1 tbsp. creamy peanut butter	

Directions:

1. Place all ingredients in a blender.
2. Process until smooth.