

Peanut Butter Banana Smoothie

Ingredients:

- 2 ripe bananas, frozen
- 1 cup of your favourite milk
- 1/2 cup of plain yogurt
- 4 tablespoons of gluten-free oats
- 3 tablespoons of peanut butter
- 1 teaspoon of pure vanilla

- 2 big handfuls of kale or spinach (optional)

Steps:

1. Put all ingredients into a blender and blend until smooth.
2. Top with cinnamon, chia seeds, or a dollop of peanut butter if desired.
3. Serve!

