

# NUTTY SMOOTHIE

## INGREDIENTS:

2 cups ice	3 tbsp Peanut Butter Powder (PBFit)
Medium Banana	
1 cup Oat Milk (Planet Oat, Extra Creamy)	1/2 tbsp 100% Pure Cocoa Powder
1 tsp Almond Extract	2 scoops Collagen Peptides (Orgain)

## DIRECTIONS:

Combine all ingredients in blender. Blend for 30 seconds. Makes 2 smoothies, so split entire amount in half and enjoy!

## NUTRITION FACTS:

(per smoothie)

Carbs: 29g  
Protein: 17g  
Fat: 4g  
Calories: 220  
Fiber: 6g  
Sugar: 11g

