the center
For Naturopathic Medicine & Functional Nutrition



PBJ Smoothie

Prep time	Total time	Meal type	Servings
5 minutes	5 minutes	Breakfast, Snack	1

Ingredients

- 1/2 cup strawberries, *frozen*
- 1/2 banana, *chopped and frozen*
- 1 cup almond milk, unsweetened
- 2 Tbs peanut butter powder
- 1 Tbs chia seeds
- 1 tsp vanilla
- 1 date, *pitted and chopped* (maple syrup)
- 1/4 cup spinach, *frozen*

Directions

Make

1. Place all ingredients in a blender and purée until smooth.

Nutrition Facts

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Amount per serving

Calories 307

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 1g	**3%**
Trans Fat 0g	
Cholesterol N/A	**0%**
Sodium 306mg	**13%**
Total Carbohydrates 53g	**19%**
Dietary Fiber 12g	**43%**
Total Sugars 30g	
Protein 10g	
Vitamin D N/A	0%
Calcium 618mg	48%
Iron 2mg	14%
Potassium 775mg	16%

Source Living Plate

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only