



Berry Nut Smoothie

Who would guess that adding peanut butter to your smoothie could be so tasty (and healthy)? It's a little nutty, but you'll love it!

Ingredients

1 Banana

1/2 cup blueberries

1 Tbsp nut butter (peanut butter, almond butter, hazelnut butter, for example)

3/4 cup milk (dairy or nondairy), or more to achieve desire consistency

Method

Add all ingredients to a blender and process until smooth.

Serve immediately.

*Thanks to Debbie Sarfati at www.wholenourishment.com for these recipes.

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