

PB amp J Smoothie

Savannah · 28/09/2024

**Prep Time**

1

Difficult

Medium

Servings

N/A

Description

I made this PBJ smoothie with peanut butter but it can also be made with powdered peanut butter for a lowercalorie smoothie

Ingredients

- - 6 frozen strawberries
- or more to taste - $\frac{3}{4}$ cup milk - 1 $\frac{1}{2}$ tablespoons peanut butter - 1 tablespoon blue agave nectar
- or more to taste - 1 tablespoon flax seeds

Instructions

1. Combine strawberries
2. milk
3. peanut butter
4. agave
5. and flax seeds in a blender; blend until smooth. Cook's Notes: You can substitute the peanut butter with 2 tablespoons powdered peanut butter mixed with 1 $\frac{1}{2}$ tablespoons water
6. if desired. Using frozen strawberries eliminates the use of ice. Swap out the strawberries for blackberries
7. raspberries
8. or blueberries. Any dairy or nut milk can be used.