

PBJ Smoothie

Prep Time 5 mins
 Total Time 5 mins
 Meal Type Breakfast,Snack
 Contributed By



Source Living Plate Teaching Kitchen

Servings 1



Ingredients

lb,c g,ml

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

Directions

Make

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

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" 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.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 8.5g		13%	Total Carbohydrates 60g
Saturated Fat 0.7g		3%	Dietary Fiber 16g	64%
Trans Fat 0.0g			Total Sugars 32g	
Cholesterol 0mg		0%	Protein 11g	
Sodium 306mg		13%		
Vitamin D 3mcg 26% · Calcium 618mg 61% · Iron 3mg 16% · Potassium 893mg 19%				

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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