
Nutty Strawberry Smoothie

Southern Living 2020 Annual Recipes

Servings: 2

Start to Finish Time: 10 minutes

3 cups fresh strawberries, hulled and halved

1/2 cup almond milk

1/2 cup ice cubes

2 tablespoons creamy peanut butter

1 tablespoon honey

1 small ripe frozen banana

In a blender, combine the strawberries, almond milk, ice cubes, peanut butter, honey and banana.

Process until smooth, about 45 to 60 seconds.

Beverages

Per Serving (excluding unknown items): 99 Calories; 1g Fat (6.1% calories from fat); 1g Protein; 24g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1 Fruit; 1/2 Other Carbohydrates.