

# Peanut Butter Banana Smoothie

*www.Musselmans.com*

## **Servings: 2**

*1 cup apple sauce  
1/2 cup apple cider  
1 banana  
1 tablespoon peanut butter  
1 teaspoon ground  
cinnamon  
1 cup ice*

In a blender, mix the apple sauce, apple cider, banana, peanut butter and cinnamon.

Process until smooth.

Add ice. Process to the desired consistency.

Serve.

---

Per Serving (excluding unknown items): 134 Calories; 4g Fat (27.8% calories from fat); 3g Protein; 24g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 44mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Fruit; 1/2 Fat.