



# Peanut banana cinnamon

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There's plenty of protein in this perfect peanut smoothie!

**Ingredients:**

1 cup (240ml) vanilla soy or skim milk  
1 large fresh or frozen ripe banana, cut into chunks  
2 tablespoons (35ml) peanut butter, preferably natural  
1/2 teaspoon (2.5ml) cinnamon, more for sprinkling  
1 teaspoon (5ml) honey  
3 large ice cubes

**Directions:**

Put all ingredients (except the ice) in a blender and blend until smooth. Finally, add the ice and pulse the blender to crush it.

Cheers!

