



# FUTURELIFE<sup>®</sup> SMART FOOD<sup>™</sup> PEANUT BUTTER AND BANANA SMOOTHIE

## INGREDIENTS

- ½ cup FUTURELIFE<sup>®</sup> Smart Food<sup>™</sup>
- 1 cup low fat or fat free milk
- 1 cup ice
- 1 large banana
- 1 tablespoon peanut butter (smooth or crunchy)
- 1 teaspoon honey
- 1 teaspoon vanilla essence



## METHOD

1. Blend all ingredients together and enjoy!
2. Serves one as a meal and two as a snack.