

## Banana and Peanut Butter Smoothie

**Serves:** 1

**Prep time:** 5 minutes

**Cook time:** 0 minutes



1 serve per portion

### Ingredients

1 medium banana

1 cup milk, reduced fat

1 tablespoon rolled oats

1 tablespoon natural peanut butter

Pinch of ground cinnamon

### Method

ADD all ingredients to a blender.

BLEND on high speed until very smooth.

POUR into a tall glass and serve immediately.



Everyday Food

*Recipe courtesy of the Country Kitchens team*