

PB & J Smoothie

PER SERVING:

Serves: 2
Prep Time: 15 minutes

Approximate nutritional values per serving (2 cups):

Calories: 525
Fat (10g Saturated): 34g
Cholesterol: 44mg
Sodium: 382mg
Carbohydrates: 41g
Fiber: 6g
Sugars: 31g
Protein: 15g

INGREDIENTS

- 1½ cups Freedom's Choice® Vanilla Ice Cream
- 1½ cups unsweetened almond milk
- ¼ cup Freedom's Choice® Fresh Frozen Blackberries
- ¼ cup Freedom's Choice® Fresh Frozen Blueberries
- ¼ cup Freedom's Choice® Fresh Frozen Red Raspberries
- ¼ cup Freedom's Choice® Fresh Frozen Whole Strawberries
- ¼ cup Freedom's Choice® Creamy Peanut Butter with Honey
- 2 tablespoons honey roasted peanuts
- Fresh raspberries and/or sliced strawberries for garnish (optional)

DIRECTIONS:

1. In blender, purée ice cream, milk, frozen berries and peanut butter on high until smooth. Makes about 4 cups.
2. Pour smoothie into 2 (16-ounce) glasses; top with peanuts and garnish with fresh raspberries, if desired.



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