

SERVES

4



MY FAVORITE GO-TO SMOOTHIE

PEANUT BUTTER SPINACH SMOOTHIE

- 2 C. SCD YOGURT**
- 1 OR 2 SPECKLED BANANAS**
- 1 LARGE HANDFUL SPINACH**
- 1 HEAPING SPOONFUL LEGAL PEANUT BUTTER**
- 2-3 TBS. HONEY (TO TASTE)**
- 2 TSP. LEGAL VANILLA (TO TASTE)**

BLEND ALL INGREDIENTS IN A BLENDER AND ENJOY! MAKES A QUICK SNACK OR MEAL ON THE GO!