

•• PEANUT BUTTER BANANA MILKSHAKES ••



Peanut butter and banana were made for each other and are the stars of this vegan twist on a dairy classic. Although it contains only five simple ingredients, this milkshake blends together for a rich and creamy treat.

Prep Time: 5 minutes

Ingredients

1 banana, pre-sliced & frozen, per shake
3 T peanut butter
1 tsp. vanilla

Cinnamon
½-¾ cup almond milk or other dairy-free milk

Instructions

1. Add all ingredients to a food processor or blender, starting with ½ cup of almond milk.
2. Blend until smooth, adding more milk if needed to produce a thick, but pourable, shake.

Recipe Notes

For a peanut free version, try walnuts.

To keep the recipe raw, use a raw nut butter.