

# Peanut Butter Smoothie

Creamy peanut butter banana smoothie recipe with apple, milk, and vanilla. Ready in 5 minutes - perfect healthy breakfast or post-workout drink!

5	5	2	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Peanut Butter Smoothie

## Ingredients

- 1 apple
- 1 cup banana
- 3 tbsp peanut butter
- 2 tbsp flax seed
- 1 cup almond milk
- 1 tsp vanilla extract

## Instructions

- 1 Prepare ingredients**

Add 1 cup milk to your blender first, followed by 1 frozen banana and 3 tablespoons peanut butter.
- 2** Add 2 tablespoons ground flaxseed and 1 teaspoon vanilla extract to the blender.
- 3 Blend smoothie**

Blend on high speed for 60-90 seconds until the mixture is completely smooth and creamy with no visible chunks.
- 4** Stop the blender and check the consistency - if the smoothie is too thick to pour easily, add 2-3 tablespoons additional milk.
- 5** Blend for another 30 seconds until smooth, then taste and add honey or maple syrup if you prefer it sweeter.
- 6 Serve**

Pour immediately into 2 glasses and serve right away for the best texture and temperature.

## Tips

Use natural peanut butter without added oils or sugars for the cleanest flavor and healthiest option. The oil separation in natural peanut butter actually blends better in smoothies.

Freeze banana slices on a parchment-lined tray before transferring to freezer bags. This prevents them from freezing into one solid block and makes blending easier.

Choose crisp apple varieties like Honeycrisp, Gala, or Fuji for the best texture and sweetness balance. Avoid mealy apples which can make the smoothie gritty.

Add liquids to the blender first, then frozen ingredients. This helps the blender blades move more efficiently and creates smoother results.

Blend on high speed for 60-90 seconds until completely smooth. Stop and scrape down sides if needed, then blend again for optimal creaminess.

Start with less liquid than you think you need. You can always add more, but you cannot remove excess liquid once added.

For extra richness without dairy, add 1-2 tablespoons of cashew butter or tahini along with the peanut butter.

Taste and adjust sweetness only after blending completely. The frozen fruit often provides enough natural sweetness once fully incorporated.