



## **Berry Nut Smoothie**

Who would guess that adding peanut butter to your smoothie could be so tasty (and healthy)? It's a little nutty, but you'll love it!

### **Ingredients**

1 Banana

1/2 cup blueberries

1 Tbsp nut butter (peanut butter, almond butter, hazelnut butter, for example)

3/4 cup milk (dairy or nondairy), or more to achieve desire consistency

### **Method**

Add all ingredients to a blender and process until smooth.

Serve immediately.

\*Thanks to Debbie Sarfati at [www.wholenourishment.com](http://www.wholenourishment.com) for these recipes.

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