



## **Peanut Butter Banana Smoothie**

Serves 2

### **Ingredients :**

- 2 ripe bananas, peeled and chopped
- 375ml fat free milk
- ¼ cup fat free yoghurt
- 2 tbsp crunchy peanut butter
- 1 tbsp Selati Castor Snow or 1tsp Selati sweetener, to taste
- 6 ice cubes
- Honey, for drizzling

### **Methods :**

1. Place the bananas, milk, yoghurt, peanut butter, Selati sugar or sweetener and ice in a blender and blend until smooth and well combined.
2. Pour into glasses and drizzle with honey.