

# **Peanut Butter & Jelly Protein Smoothie**

## **Ingredients**

- 1 cup frozen mixed berries (strawberries, blueberries, raspberries)
  - 1 frozen banana
  - 2 tablespoons natural peanut butter
  - 1 scoop vanilla or peanut butter–flavored protein powder
  - $\frac{3}{4}$  cup unsweetened almond milk (or oat milk)
  - 1 tablespoon chia seeds (optional, for thickness and fiber)
  - Ice cubes (optional, for extra chill)
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## **Instructions**

1. Add all ingredients to a high-speed blender.
2. Blend until thick, smooth, and creamy (about 45–60 seconds).
3. Taste and adjust: add more peanut butter for richness or more berries for tartness.

4. Serve immediately. Optional: top with crushed peanuts or a few extra berries.

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## **Health Benefits**

- Peanut butter provides healthy fats, protein, and long-lasting satiety.
- Berries are antioxidant-rich, supporting brain health and reducing inflammation.
- Banana adds natural sweetness and potassium for muscle recovery.
- Protein powder supports lean muscle and balanced energy.
- Chia seeds offer fiber and omega-3s to aid digestion.
- Almond milk keeps it dairy-free and smooth.