

Peanut Butter and Cashew Smoothie

Meal time: Breakfast

Meal type: Vegan

Difficulty: Easy

Servings: 2

Total time: 5 minutes

Ingredients

475ml cashew milk
60g peanut butter
45g ground oats
2 bananas, frozen
3 dates, pitted
2 TBSP cocoa powder
1 TBSP ground flaxseeds

Nutrition Facts

	Amount per serving
Calories	309
Total Fat	6.3g
Saturated Fat	1.1g
Total Carbohydrate	61.3g
Dietary Fibre	9.6g
Total Sugars	22.8g
Protein	7.2g
Cholesterol	0mg
Vitamin D	40IU
Calcium	485mg
Iron	4mg
Potassium	802mg
Sodium	167mg

Instructions:

1. In a high-speed blender jug, pour cashew milk.
2. Add peeled and frozen bananas, peanut butter, ground oats, dates, cocoa powder and ground flax seeds.
3. Blend at high speed until all the ingredients are unified.
4. Pour in a mug and serve.

Notes: Almond milk and coconut milk can also be used for this recipe. For more sweetness, add maple or agave syrup or sugar-free sweetener.