

PB&J Brekky Smoothie



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Serves: 1

Dietary fibre per serve: 14g

Preparation time: 5 minutes

Cook time: none!

Ingredients

- 1 cup low-fat milk
- 2 tbsj low-fat Greek-style yoghurt
- 1 tbsp natural peanut butter
- ½ banana
- ½ cup strawberries, washed and chopped
- 1 cup spinach, washed
- ½ cup bran cereal

Method

1. Add all ingredients to blender and blend until smooth.

Notes

- Chop and freeze your fruit for a cold and refreshing smoothie.
- Swap low-fat milk for a calcium-fortified non-dairy alternative.
- Swap strawberries for blueberries or raspberries
- Swap bran cereal for oats.
- Swap peanut butter for almond butter or a small handful of nuts.

Acknowledgement goes to Cancer Council Queensland for original development of this resource.