# Peanut Butter Protein Smoothie

Serves 1-2

Ingredients:

1 whole Banana, frozen

3 Tbsp Peanut butter or PB2 powdered peanut butter

1 cup Soy milk

1 Tbsp Chia seeds

3-5 Ice cubes

2 tsp Honey (Optional)

Method:

1. Add all ingredients to a blender, blend until smooth, and enjoy!