

Peanut Butter Smoothie

1 T. peanut butter 100 calories

½ banana 63 calories

1 scoop vanilla whey protein, low sugar 100 calories

¾ c. unsweetened almond milk. 35 calories

handful of fresh spinach (optional)

1 T. oats 35 calories (optional)

5 ice cubes

A peanut butter smoothie is a great late afternoon snack if you leave out the whey protein. You don't need the extra calories in the whey protein. But if you're having it for breakfast, be sure to add the protein.