

P-B-n-J (Peanut butter and “Jelly”) Smoothie

Vegan, All Natural, Organic

Serves 2 (~14 oz. drinks)

Ingredients –

- ½ - 8 oz. container fresh Blueberries *
- ½ - 16 oz. container fresh Strawberries *
- 1 ripe Banana
- 2 oz. of Tart Cherry Juice
- 5 oz. of crushed ice
- 8 oz. of unsweetened vanilla almond milk
- 1 heaping scoop of unsweetened vanilla vegan protein powder
- 3 heaping TBSP of fresh store ground organic peanut butter
- Optional 4 oz. of water or blueberry or pomegranate juice (100% pure and organic - - not from concentrate ... Lakewood brand is best).



* **Important:** These ingredients must be **organic** (part of the *dirty dozen*)
All fruit can be frozen too.

Instructions –

- Wash all produce well.
- Add all ingredients the blender... blitz thoroughly and enjoy!

Source: *Improvisation/Inspiration from a smoothie on the menu from GreenLife Market in Butler, NJ.*