

Peanut Butter Raspberry Smoothie

Prep Time 5 mins
 Total Time 5 mins
 Meal Type Breakfast, Snack
 Contributed By **LivingPlateRx**
 Source Living Plate Teaching Kitchen
 Servings 1



Ingredients

lb,c g,ml

- 1/4 cup strawberries, *frozen*
- 1/4 cup raspberries, *frozen*
- 1/2 banana, *chopped and frozen*
- 1 cup almond milk, unsweetened
- 2 Tbs peanut butter powder
- 1 Tbs chia seeds
- 1 tsp vanilla
- 1/4 cup spinach, *frozen*
- 2 Scoop collagen peptides

Directions

Make

1. Place all ingredients in a blender and purée until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 8.2g		12%	Total Carbohydrates 35g
Saturated Fat 0.7g		3%	Dietary Fiber 12g	46%
Trans Fat 0.0g			Total Sugars 14g	
Calories 334	Cholesterol 0mg	0%		
per serving	Sodium 406mg	17%	Protein 32g	
	Vitamin D 3mcg 26% · Calcium 597mg 59% · Iron 2mg 13% · Potassium 615mg 13%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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