



## Peanut Butter Banana Breakfast Smoothie

 Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



307 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 2 cups vanilla almond milk
- 2 bananas frozen (peel before you freeze)
- 2 tablespoons ground flax seed
- 1 tablespoon honey
- 2 cups ice cubes
- 0.5 cup chunky peanut butter
- 2 tablespoons wheat germ

### Equipment

blender

## Directions

Blend bananas, almond milk, ice, peanut butter, wheat germ, flax seed, and honey in a blender until smooth.

## Nutrition Facts

 **PROTEIN 11.89%**  **FAT 54.3%**  **CARBS 33.81%**

## Properties

Glycemic Index:38.26, Glycemic Load:9.59, Inflammation Score:-5, Nutrition Score:12.680434755657%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 307.09kcal (15.35%), Fat: 19.92g (30.64%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 23.12g (8.41%), Sugar: 15.07g (16.75%), Cholesterol: 0mg (0%), Sodium: 308.95mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.63%), Manganese: 1.09mg (54.45%), Vitamin B3: 4.98mg (24.92%), Magnesium: 92.01mg (23%), Vitamin B6: 0.41mg (20.66%), Vitamin E: 3.01mg (20.05%), Fiber: 4.79g (19.14%), Calcium: 182.61mg (18.26%), Phosphorus: 168.14mg (16.81%), Copper: 0.27mg (13.34%), Potassium: 448.83mg (12.82%), Folate: 50.41µg (12.6%), Vitamin B1: 0.17mg (11.46%), Zinc: 1.42mg (9.47%), Vitamin B2: 0.13mg (7.41%), Selenium: 5.02µg (7.17%), Vitamin B5: 0.64mg (6.39%), Vitamin C: 5.18mg (6.28%), Iron: 1.11mg (6.14%)