



BEET THE BLUES

Eat well • Live better

BANANA AND WOW BUTTER SMOOTHIE

Serves 4

INGREDIENTS

200g	Wow peanut butter (nut, dairy and gluten free)
325ml	Soya milk
200g	Ripe bananas
75g	Ice

METHOD

1. Cut the ripe bananas in to slices and place in a blender .
2. Add the soya milk and Wow peanut butter.
3. Add ice and put on lid and blend until smooth.
4. Check to see if smooth enough, if not blend for longer.
5. Pour into a slim glass and enjoy.

