



THE J.M. SMUCKER Co

Wake Up Breakfast Smoothie

Prep Time Cook Time Serves Difficulty

5 mins N/A 3 N/A

Ingredients

- 1 can (354 mL) **Carnation®** Fat Free Evaporated Milk
Fat Free Evaporated Skim Milk
- 1 banana sliced
- 2 tbsp (30 mL) **Adams®** Natural Peanut Butter
- 2 tbsp (30 mL) agave or maple syrup
- 1 tbsp (15 mL) protein powder, optional
- 5 ice cubes

Directions

Step 1:

Combine all ingredients in blender and blend until smooth.

Images

