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

