

Monkey Smoothie

1 Serving

450 calories per serving when using 8 tbsp Almased
[405 with 6 tbsp Almased / 495 with 10 tbsp Almased]

- 6-8 tbsp Almased
- 4 oz water
- 4 oz almond milk (unsweetened)
- ½ banana
- 2 tbsp natural peanut butter
- ½ tsp vanilla extract
- 1 cup ice



Pour the unsweetened almond milk and water into the blender. Next add your own personal measured serving of Almased* Add the banana, natural peanut butter, vanilla extract and ice. Start blender on low speed then blend on high for 30 seconds. Serve in chilled glass.

