

SNEAKY PB & J SMOOTHIE WITH UNDERCOVER VEGGIES



DIFFICULTY

EASY



TIME

5 MIN



SERVES

1-2

INGREDIENTS

¼ Cup Frozen Banana Pieces
¼ Cup Frozen Red Berries or Cherries
½ Cup Frozen Cauliflower
1 small wedge of Red Cabbage OR ¼
cup shredded Red Cabbage
½ of a small Zucchini
1 TBSP Peanut Butter
6-12 Stevia Drops OR 1 TBSP Maple
syrup
1/2 tsp Vanilla Extract (optional)
2 Tbsp Vanilla Whey Protein Powder or
Vegan Vanilla Protein Powder
A pinch of Sea Salt
¾ Cup of Milk, Non-Dairy Unsweetened
Milk or Water

DIRECTIONS

1. Blend all ingredients until smooth.

NUTRITION FACTS PER SERVING

Calories: 371 Fat: 12.5g (Saturated Fat: 8g) Carbohydrates: 42.1g Fiber: 4.9g Sugar: 26.8g Protein: 26g



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Leslie Myers | Executive Foodie | VEBA Resource Center