

# Retreat Kitchen

## Peanut Butter Smoothie

### Ingredients

- 1 frozen Banana
- 1/2 Cup Unsweetened Almond Milk
- 1 large handful Spinach
- 1-2 Tbsp Peanut butter (smooth)
- 1 Tbsp Hemp Powder or Hemp seeds shelled (Optional)

1. Place all the ingredients in a blender.
2. Blend until smooth and creamy.
3. Pour into glass and enjoy!