



Regal, Lakeside, and ADOC Medical Groups present: **Delicious & Nutritious Smoothie**

If you are looking for a natural, balanced source of energy, consider drinking a peanut butter and banana smoothie. High in protein and healthy fat, this hunger-curbing recipe makes for a hearty breakfast, lunch, or after any type of physical activity.

Here are some healthy advantages to adding this blend to your diet:

Peanut Butter

-  It curbs your appetite and makes you feel full for a longer time.
-  It has low amounts of saturated fat which helps to reduce bad cholesterol. Bad cholesterol can clog arteries, slow down blood flow and force your heart to work harder.

Bananas

-  They are low in fat and proteins, rich in antioxidants, and have fibers that boost your metabolism.
-  They are low in sugar that helps to reduce the amount of fat stored in the body. They are a natural source of potassium, which lowers your risk of heart disease.

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Nutrition Information

Natural Peanut Butter:

Calories	350
Fat	18g
Carbohydrates	42g
Fiber	7.5g
Protein	12g



Peanut Butter Banana Smoothie

Ingredients

- 2 ripe frozen large bananas, add an extra banana for a thicker drink
- 4-6 tablespoons of peanut butter or peanut butter powder, or allergy-friendly substitute
- 1 1/2 to 2 cups organic, high protein, unsweetened soy milk
- 1/3 cup quick oats or rolled oats

Instructions

1. Blend the oats until a fine powder forms.
2. Add the bananas, peanut butter and soy milk and blend until smooth.
3. Drink immediately, or cover and chill in the refrigerator.
4. You can always make the smoothie the night before.



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