

## Peanut Butter And J Smoothie

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Prep Time: 5 | Total Time: 5 | Yield: 1

### Ingredients

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2 scoops vanilla pea protein powder

½ cup frozen blueberries (or fresh)

1.5 cups non-dairy milk of choice

1 Tbsp peanut butter

1 Tbsp flax oil

1 handful of greens of choice

\*Add ¼ of an avocado if you like your smoothies thicker

### Method

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Blend and enjoy!