Chilled fruit and peanut smoothie

Serves: 1

Nutrition per serving: 280 kcal

Ingredients:

- 120g ripe banana
- 60g each frozen blueberries and raspberries
- 20g (2 tsp) peanut butter
- Cold water

Method:

1. Blitz 120g ripe banana, 60g each frozen blueberries and raspberries, and 20g (2 tsp) peanut butter, thinning with cold water if necessary.

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