

# 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.