AMERICAN · BREAKFAST · DRINK

Peanut Butter Banana Oat Breakfast Smoothie

5 min · Serves 1 · 415 kcal a serve · Video 4:31 · Clean & Delicious

Vegetarian

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No added sugar: the frozen banana sweetens it. About 7 g of fibre and rich in vitamin E, calcium and vitamin B6; with the optional scoop of protein powder it has about 31 g of protein (9 g without).

Diet notes: Vegan if you leave out the scoop vanilla protein powder; Low saturated fat (2.8 g, 6% of the energy); DASH-friendly (300 mg sodium a serve); No dairy if you leave out the scoop vanilla protein powder.

Ingredients 6 · SERVES 1

- [ ] 20 g **rolled oats**
- [ ] 1 **frozen banana**
- [ ] 1 tbsp **natural peanut butter**
- [ ] ½ tsp **ground cinnamon**
- [ ] 1 scoop (about 28 g) vanilla protein powder (optional)
- [ ] 180 ml **unsweetened almond milk** (up to 240 ml)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Peanut, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the oats in the blender first (the written recipe blitzes them for about 10 seconds into a powder), then add the frozen banana, peanut butter, cinnamon and the protein powder, if using. 0:46
2. Pour in 180 ml of almond milk and blend until smooth: thick but still pourable. Add a little more milk, up to 240 ml in all, if you like it thinner. 3:15
3. Pour into a glass and drink straight away. 3:35

> **Tip** No banana? Use frozen mango, or 240 ml frozen cauliflower for fewer carbs. Any nut or seed butter works, and plant or collagen protein can replace whey (or leave it out).

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
415 kcal	31 g	49 g	7.4 g	13 g	300 mg
1,730 kJ	61% of a day	41 g net · 17 g sugars	26% of a day	2.8 g saturated	13% of a day
		18% of a day		17% of a day	

Energy from net carbs 40% · protein 31% · fat 29%

High in (20%+ of a day) Vitamin E 45% · Calcium 37% · Vitamin B6 35% · Magnesium 27% · Zinc 20% · Selenium 20%

Source of (10–19%) Potassium 19% · Iron 13% · Vitamin C 12% · Vitamin B12 12% · Folate 11%

Recipe and video: Clean & Delicious (@CleanandDeliciousDani) on YouTube — youtube.com/watch?v=EmhmyIbD8ic, published 5 January 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/peanut-butter-banana-oat-smoothie