

Strictly Suppers #2 American Smoothie

This is the second in my series of Strictly Suppers 2015, it literally is an American Smoothie, a Peanut Butter and Jam smoothie, it was nice, especially if you like Peanut Butter.



Ingredients

- 2 Bananas frozen
- 2 cups of Milk
- 2 Tbs Jam (I used Raspberry)
- 2 Tbs Peanut Butter
- 2 Tbs Honey

Also Needed

- Table Spoon
- Blender
- Smoothie Glass

Method:

1	Place two bananas in the freezer, I did this the night before, peel them first though as it's easier
2	In a blender place the frozen bananas, don't defrost them.





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3	Add the milk, jam and the honey to the blender.	
4	Then add the Peanut Butter and blend until it's smooth.	

Serve in a smoothie glass and enjoy.

