



COOK TIME: 5 MIN

PREP TIME: 2 MIN



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Ingredients

- ½ cup frozen strawberries
- 2 tablespoons almond butter
- 1 medium banana
- ½ cup milk of choice
- 1 cup ice (less, if using frozen bananas)

Almond Butter & Jelly (AB&J)

Directions

1. Place all ingredients into a blender and blend until smooth. If smoothies are too thick to blend, add more liquid until desired texture is reached.

The AB&J froths over with antioxidant-rich berries and healthy fats, both of which help reduce inflammation, while serving up a big taste of childhood nostalgia.^{4,5}

Pro tip: Freezing bananas for smoothies helps make the consistency creamier.

Yield: 1 large serving or 2 small servings

Please consult your healthcare team for which recipes are best for your dietary needs, whether any modifications would be appropriate, and consider any allergies or dietary restrictions before making these recipes.

References

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