

# Peanut Butter Banana Breakfast Shake

Prep time: 5 min  
Makes 3 cups



## INGREDIENTS

- 2 cups milk
- 2 frozen peeled ripe bananas
- 2 tbsp peanut butter
- 1/2 tsp ground cinnamon
- 1 tsp vanilla extract
- Optional: cocoa powder

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. Combine all ingredients in a blender and blend until smooth.
2. Top with a sprinkle of cocoa powder, optional.

Adapted from: [www.usdairy.com](http://www.usdairy.com)



Public Health



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