

# Banana and Peanut Butter Smoothie

**IDDSI Level 4\***

**Breakfast / Snack**

**Recipe source:**  
GoodHousekeeping.com

**Time to make:** 5 mins

**Servings:** 1

## Ingredients:

1 small banana  
1/2 cup milk  
1 tsp smooth, creamy peanut butter  
3 ice cubes



## Dietitian's Top Tips:

Increase the calorie and protein content by adding 2 tablespoons of skimmed-milk powder, or use full-fat Greek yoghurt instead of milk.

## Instructions:

- Add all ingredients to blender.
- Puree until smooth with no lumps.

## Notes:

- Other smooth pastes could be used in place of peanut butter e.g. chocolate spread, Biscoff spread, almond butter etc.
- Try using different milks e.g. oat, soy, almond etc.
- Other fruits may also be used, however please note that if they have pips and seeds, the smoothie will need to be sieved before serving.

**\* If you require thickened fluids, please link with your SLT or perform the relevant IDDSI flow test before trying this recipe.**

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