



**Creative Juices  
Consulting**

## **Peanut Butter Smoothie**

1 cup chocolate coconut water  
1 ripe banana  
1 Tbsp all natural peanut butter  
1 Tbsp ground flax seed  
¼ cup all natural Greek yogurt  
1 handful red grapes  
1 handful organic spinach  
½ scoop whey protein powder  
¼ cup organic oats  
1 Tbsp honey  
Ice  
¼ to ½ cup coconut milk to reach desired consistency

Place all ingredients in Vitamix and blend until smooth. Serves several.

This is a great meal replacer smoothie in 12 oz. serving or drink a 6 oz. serving for dessert or an afternoon treat.