

Healthy Peanut Butter & Jelly Smoothie

A Childhood Favorite with a Healthy Twist

There's something comforting about the classic peanut butter and jelly sandwich. It reminds many of us of carefree afternoons, packed lunches, and simple moments. But what if you could enjoy those same nostalgic flavors in a smoothie that's packed with protein, fiber, vitamins, and antioxidants?

This Healthy Peanut Butter & Jelly Smoothie delivers the sweet, fruity taste you love while providing nutrients to help support steady energy, muscle recovery, and fullness throughout the morning. Whether you're rushing to work, finishing a workout, or simply looking for a satisfying breakfast, this smoothie is a delicious way to nourish your body without sacrificing flavor.

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Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 1

Ingredients

- 1 cup unsweetened almond milk

- 1 cup frozen mixed berries (strawberries, blueberries, and raspberries)
- 1 tablespoon natural peanut butter (no added sugar)
- $\frac{1}{2}$ frozen banana
- $\frac{1}{2}$ cup plain nonfat Greek yogurt
- 2 tablespoons old-fashioned rolled oats
- 1 tablespoon ground flaxseed
- 1 teaspoon chia seeds (optional)
- $\frac{1}{2}$ teaspoon pure vanilla extract
- Ice cubes (optional for a thicker smoothie)

Instructions

1. Add the almond milk to your blender.
2. Add the frozen berries, banana, Greek yogurt, peanut butter, oats, flaxseed, chia seeds (if using), and vanilla extract.
3. Blend until smooth and creamy.
4. If the smoothie is thicker than you'd like, add a little more almond milk and blend again.
5. Pour into a glass and enjoy immediately.

Why You'll Love This Smoothie

- Rich in protein to help keep you satisfied.
- High in fiber for digestive health.
- Naturally sweetened with fruit.
- Contains heart-healthy fats from peanut butter and flaxseed.
- A quick breakfast or post-workout snack.

Estimated Nutrition Facts (Per Serving)

- **Calories:** 375
- **Protein:** 24 g

- **Carbohydrates:** 41 g
- **Dietary Fiber:** 10 g
- **Total Sugars:** 20 g (naturally occurring)
- **Fat:** 14 g
- **Saturated Fat:** 2 g
- **Cholesterol:** 8 mg
- **Sodium:** 180 mg
- **Calcium:** 25% Daily Value
- **Iron:** 10% Daily Value
- **Potassium:** Approximately 650 mg

Nutrition values are estimates and may vary depending on the specific brands and ingredients used.

Women's Health Benefits

This smoothie combines several nutrient-rich ingredients that can support overall wellness:

- **Greek yogurt** provides protein and calcium to support muscle and bone health.
- **Mixed berries** are rich in antioxidants and vitamin C.
- **Ground flaxseed** contributes fiber and plant-based omega-3 fats.
- **Rolled oats** provide complex carbohydrates for longer-lasting energy.
- **Natural peanut butter** supplies healthy fats and additional protein to help keep you feeling full.

Make It Your Own

- Add a handful of spinach for extra vitamins without changing the flavor much.
- Use powdered peanut butter to reduce calories while keeping the peanut flavor.
- Add a scoop of your favorite protein powder after a workout.

- Swap almond milk for soy milk if you'd like additional protein.
- Use frozen cherries instead of mixed berries for a cherry PB&J variation.

Storage Tip

This smoothie is best enjoyed immediately after blending. If needed, refrigerate it in an airtight container for up to 24 hours and shake well before drinking.