

Quick and easy



# Peanut butter and jam smoothie

*Serves 1*

125ml unsweetened almond milk

60g fresh or frozen raspberries

20g rolled oats

80g yoghurt, such as Greek, natural, soy

25g vanilla protein powder

35g peanut butter

Handful of ice

## Method

Mega simple; just combine everything in a liquidiser and blend until smooth. Adjust the amount of ice used to make it thicker or smoother.

## Alternative ingredients

To make this nut-free, swap the almond milk for the same amount of another milk (e.g. soy). The peanut butter can be swapped for the same amount of tahini.