



THE J.M. SMUCKER Co

# Wake Up Breakfast Smoothie

**Prep Time Cook Time Serves Difficulty**

5 mins    N/A    3    N/A

## Ingredients

- 1 can (354 mL) **Carnation®** Fat Free Evaporated Milk  
Fat Free Evaporated Skim Milk
- 1 banana sliced
- 2 tbsp (30 mL) **Adams®** Natural Peanut Butter
- 2 tbsp (30 mL) agave or maple syrup
- 1 tbsp (15 mL) protein powder, optional
- 5 ice cubes

## Directions

### Step 1:

Combine all ingredients in blender and blend until smooth.

## Images

