



## Recipe Details

Recipe Name - Terry's Ultimate Green Peanut Butter Smoothie

Recipe Steps -

### Ingredients

- 3 cups frozen spinach and kale
- 1 large handful of dandelion greens
- 1/4 cup Peanut Butter Powder
- 1 frozen banana
- 2 cups plant milk
- Optional - green superfood powder of your choice

### Instructions

- 1) Place all ingredients into a high-speed blender, and blend until smooth and creamy
- 2) Enjoy!

