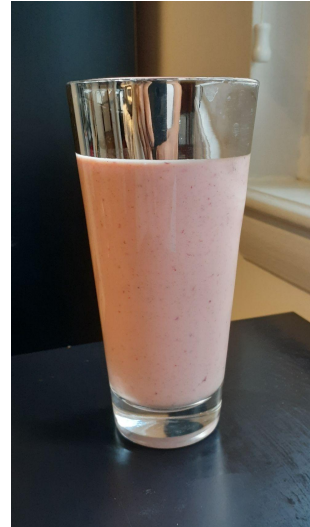


## PB&J Smoothie

½ cup peanut or almond butter  
1 ½ cup sliced strawberries  
¾ cup dairy milk or plant milk  
A pinch of sugar

Is there anything as nostalgic as a peanut butter and jelly sandwich? I always feel like a kid when I have one and it makes me feel warm and happy. And let me tell you, invoking that feeling with this smoothie is a really nice way to start a Monday morning. It helps everything start out on the right foot. Bonus points if your peanut butter is dark roasted. The toasty-ness of the nuts kind of tastes like toasted bread. You might not need the extra sugar, depending on how sweet your strawberries and peanut butter are. Just give it a taste before you add any sugar and decide how sweet you want it.



Put everything in the blender in this order: milk of choice, strawberries, and then peanut butter and sugar. Having the liquid down near the blades will help your smoothie blend better. Blend everything together until it's as smooth as you'd like.

If you want it cold, substitute some of the milk for a few ice cubes. Or substitute about half a cup of the strawberries for frozen strawberries. Personally, I like to use smooth peanut butter, just so it's a bit easier for my blender to get it smooth. But there's no reason you can't use crunchy if that's what you've got.

I hope this helps your mornings go a bit smoother!