

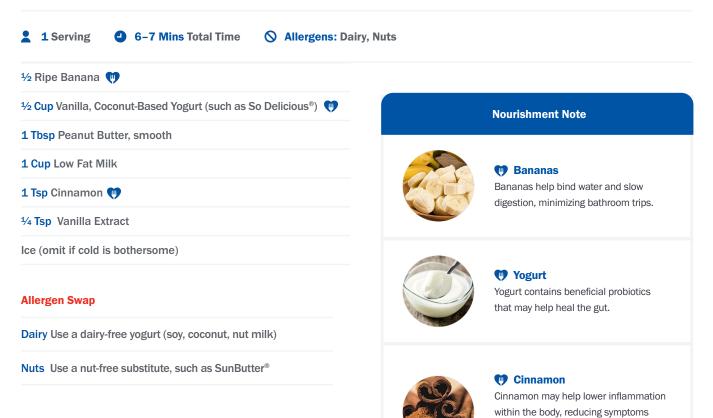
Bana

Breakfast Snack Peanut Butter anana Smoothie			100
S e	1–2 Mins Cook Time	1 Serving	
lories	15g Fat 52g Ca	rbs 13g Protein	1.11

Ingredients

381 Calories

5 Mins **Prep Time**



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associated with Crohn's disease and

ulcerative colitis.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

Add all ingredients to a blender. Blend for approximately 1-2 minutes, until smooth.

3. Serve & Enjoy

Once fully blended, serve in a tall glass and enjoy!

4. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy Registered Dietitians

What You'll Need

	Measuring Cup	
e E	Measuring Spoons	
	Blender	
	Glass	

Remission Remix

• Choose a traditional vanilla Greek yogurt to increase protein content.