

Low FODMAP Choc Peanut Butter Smoothie

Serves: 1

Prep: 5 minutes

Cook: 5 minutes



Ingredients	Metric	Imperial
1 slightly green banana	100 g	3.5 oz
2 tbsp peanut butter		
½ cup unsweetened almond milk	130 g	4.6 oz
¼ cup lactose free yoghurt		
1 tbsp cacao powder		
½ tsp vanilla essence		

Method

1. Add all ingredients into a blender and blend until smooth and creamy. Serve immediately!

Hints

- As a tip to boost your daily fibre intake, add in a tablespoon of chia seeds!

Nutrition Information (per serve)	
Energy	2170 Kj / 519 cal
Protein	17.07g
Carbohydrates	36.59g
Sugar	25.76g
Total Fat	32.25g
Saturated Fat	6.87g
Fibre	7.40g