**[Carol’s Peanut Butter Banana Smoothie](http://zradio.org/quick-family-recipes/pb-banana-smoothie/%22%20%5Ct%20%22_blank)**

This smoothie has been my go to Quick Family Recipe since I read about it in my Magnolia Journal magazine earlier this year. Ok, rabbit trail…I LOVE Fixer Upper, everything about Chip and Joanna Gaines and their little town of Waco makes me happy and I am obsessed with all things from the Magnolia Brand. That is all, thanks for listening, I’m done now!

Now, back to this smoothie…It’s like a super thick peanut butter banana milk shake, but super healthy for you! I’m not a huge fan of drinking calories, but it’s so thick that it literally takes me a half hour to drink it, which goes a long way in keeping you full longer. So much protein is packed into this with your peanut butter and Greek yogurt. Then the bananas and the pepitas apparently help with digestion. By the way, Pipitas are pumpkin seeds without the shells…grown in certain pumpkins without needing to shell them (I didn’t know either, until I started getting packets of them from Chick-Fil-a for my salads). Lately I’ve seen more grocery stores picking them up, but honestly I’ve found mine for a while at Homegoods/Marshalls in their food aisles.

Now that the ridiculous heat of summer is upon us, I’ve been using this as my breakfast instead of firing up the stove and heating up the house to make eggs. The recipe below will make a 24 oz smoothie, which is around 419ish calories depending on the brands of ingredients you use. You can also separate it into two 12 oz smoothies and share with a friend or family member for a very filling 200ish calorie afternoon snack.

I can’t say enough for this ridiculously easy Quick Family Recipe…The whole thing is thrown into a blender and is ready for you to enjoy in less than 5 minutes…it doesn’t get much easier than that.

**Ingredients:**

* 1 Tbsp Quaker Quick Oats
* 1/4 Cup Unsweetened Coconut Milk
* 1 Banana (peeled)
* 1 Tbsp Pepitas
* 1 Tbsp Peanut Butter
* 3/4 Cup of Nonfat Greek Yogurt
* 1 Tbsp Honey (optional)
* 6 Ice Cubes

**How to Make It:**

* Add all the ingredients above into your blender in order and blend for at least a minute until completely smooth. Depending on your blender, you may need more time than this to chop up the seeds. It’s important to add the ingredients above in order, especially the oats and coconut milk, so that you give time for your oats to bloom…otherwise you’ll have a thick gummy mess that won’t blend together well. No one likes drinking bits in their smoothie…it’s called a *smooth*ie for a reason!
* Pour into your favorite glass and enjoy!

We would love to see pictures of your kids making this one with you…share your smoothie pictures on our [Z88.3 Mornings Facebook Page](https://www.facebook.com/Z88.3Mornings/).

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Originally posted on [Carolbake.com](http://carolbake.com/)