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## **PB Banana Split Smoothie**

### **Ingredients**

1 scoop RSP TrueFit chocolate protein  
1 tbsp PB2  
1 cup skim milk  
1 banana  
Handful of ice

### **Directions**

1. Place all ingredients in a blender and blend to a smooth consistency. If the smoothie is too thick, add liquid. You can also substitute the PB2 for real peanut butter and the skim milk for water or whole milk, depending on your goals and taste preferences.

Serving size: 1 recipe

Recipe yields: 1 serving