



PB, Banana & Boysenberry Smoothie

OREGON Growers®

- FARM DIRECT SPECIALTY FOODS -

PREP TIME

5 minutes

SERVES

1 smoothie

INGREDIENTS

- 1 medium banana
- 1/4 cup frozen raspberries
- 1/3 cup milk
- 1/4 cup non-fat Greek yogurt
- 1 tablespoon **Oregon Growers Boysenberry Fruit Syrup**
- 1 tablespoon creamy peanut butter
- 1/2 cup ice
- 1 teaspoon chia seeds, optional
- 1 teaspoon flax seeds, optional

PREPARATION

Combine all ingredients in a blender. Blend until smooth and serve immediately. Top with additional boysenberry syrup and toasted coconut if desired.

Tip: Want to customize this smoothie to make it your own? Use whole or 2% milk instead of almond milk, or swap almond milk for oat milk, soy milk, or coconut milk. You can also swap out the frozen raspberries for any other frozen berry.

Click [HERE](#) to view our Recipe online

Click [HERE](#) for more Info about Oregon Growers Boysenberry Fruit Syrup