

PBJ Smoothie Bowl

- 1/2 large banana, sliced, frozen
- 1/2 c red grapes, frozen
- 1/2 c 2% Greek yogurt
- 1 T peanut butter or almond butter

In a **Vitamix** or blender combine all ingredients until smooth, tamping down — if using a blender, use the back of a wooden spoon when the blender is off — to get solids onto blades. Pour into a glass to enjoy a simple PBJ Smoothie or pour into a small bowl and garnish your PBJ Smoothie Bowl with whatever suits you — dried blueberries, hemp seeds, chia seeds, a red grape quartered used here. All kinds of nuts, seeds, dried fruit, granola, cacao nibs, fresh fruit, the sky's the limit — let your imagination run wild.

Jittery Cook
from **Robin Asbell's 300 Best Blender Recipes - Using your Vitamix**