

Peanut Butter Espresso Smoothie

This peanut butter espresso smoothie combines your two favorite things: peanut butter and coffee! It's a delicious and nutritious breakfast or afternoon pick-me-up.



4.60 from 20 votes

Prep Time
5 mins

Total Time
5 mins

Course: Drinks Cuisine: American

Diet: Gluten Free, Vegan, Vegetarian Keyword: espresso smoothie

Servings: 1 Calories: 551kcal Author: Erin

Ingredients

- 1 banana
- ¼ cup peanut butter
- 2 pitted dates
- 2 oz. brewed espresso or sub 2 teaspoon espresso powder
- 1 tablespoon maple syrup
- ½ cup almond milk or milk of choice
- 5 ice cubes

Instructions

1. Put everything in a blender and blend until smooth.
2. Enjoy!

Notes

*You can either use 2 teaspoon espresso powder (the Delallo brand is my favorite) or if you own an espresso machine, use 2 oz. espresso

Want a thicker smoothie? Use a frozen banana!

Nutrition

Calories: 551kcal | Carbohydrates: 54g | Protein: 18g | Fat: 34g | Saturated Fat: 7g | Sodium: 381mg | Potassium: 921mg | Fiber: 7g | Sugar: 32g | Vitamin A: 76IU | Vitamin C: 10mg | Calcium: 125mg | Iron: 2mg