

## Peanut Butter-Banana Smoothie

By: Raylene Mitra-Espiritu

- 1/4 cup frozen kale stems
- 1/4 cup rinsed canned black beans
- 1/4 cup unsalted peanuts
- 1 frozen banana
- 1/2 mini avocado
- 1 tablespoon chia
- 1 tablespoon peanut butter
- 1 cup soy milk

