



INDIANA STATE FAIR RECIPE TRAIL

High-Protein Peanut Butter & Jelly Smoothie



Ingredients

- 1 cup whole milk
- 1/3 cup greek yogurt
- 1 1/2 cups frozen berries
- 1 banana, frozen
- 2 tablespoons powdered peanut butter, or almond butter
- 1 scoop vanilla whey protein powder



Instructions

1. Add whole milk, Greek yogurt, berries, banana, powdered peanut butter and vanilla protein to a blender.
2. Blend on high for 1-2 minutes until ingredients are well blended.
3. Pour smoothie into a glass and enjoy!



SCAN TO DOWNLOAD RECIPE

Fun Facts

- With over 700 dairy farms in Indiana, milk goes from the farm to your fridge in about 48 hours - talk about fresh and local!
- About 80% of what cows eat cannot be eaten by people - cows upcycle products like soybean hulls and discarded food from grocery stores into milk, keeping it out of landfills.
- Milk is packed with 13 essential nutrients, like zinc and selenium to support a healthy immune system.
- Pasteurization, or heating food to kill microorganisms, makes milk one of the safest foods available and helps extend it's shelf life.