



RECIPES

BANANA SPLIT SMOOTHIE

This recipe was inspired by a good old-fashioned banana split. A hint of banana and peanut butter combined with a rich chocolate flavour is sure to hit the spot and keep you satisfied until lunch.

INGREDIENTS

1 Scoop Nutribar Original Chocolate Fudge Smoothie
250 mL (8 oz.) cold, 2% milk
30 mL (2 Tbsp) peanut butter, unsweetened
1/2 banana

Put all ingredients into a blender and mix until smooth. *Enjoy!*

Tip: Freeze the banana and use frozen for an extra thick and delicious consistency.

APPROX. CALORIES: 493



VERY BERRY SMOOTHIE

This Smoothie is bursting with berry flavours in a natural vanilla base that only tastes sinful. Your taste buds will thank you for starting your day off right.

INGREDIENTS

1 Scoop Nutribar Original Vanilla Cream Smoothie
250 mL (8 oz.) cold, 2% milk
125 mL (1/2 cup) frozen blueberries
125 mL (1/2 cup) frozen strawberries

Put all ingredients into a blender and mix until smooth. *Enjoy!*

Tip: Replace strawberries with raspberries for a different berry taste. Fresh berries can also be used in season.

APPROX. CALORIES: 343

