



## BANANA PEANUT SHAKE

- 3 Ripe Bananas, Sliced
- 3 Tablespoons Peanut Butter
- 1 Cup Cold Water
- 1 Can Sweetened Condensed Milk
- 1/3 Cup Lemon Juice
- 2 Cups Ice Cubes

## DIRECTIONS

1. In a blender, combine all ingredients, except ice.
2. Blend well.
3. Gradually add ice, blending until smooth.