

Peanut butter and jelly smoothie

Using dates adds sweetness and nutrients to this quick snack



Simple swaps for healthier eating

Blend together:¹

1 cup almond milk



2 tablespoons peanut butter



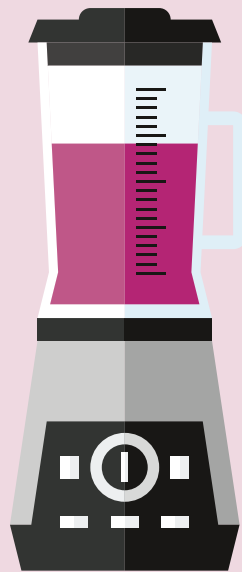
1 banana



2 dates



1/2 cup raspberries



What's the swap? Instead of added sugar, go for a couple of dates. They give your smoothie the sweetness you crave, plus a dose of disease-fighting antioxidants and fiber. Dates are also packed with potassium, magnesium and vitamin B6.²

Chew on this: Peanut butter gives you a rich amount of protein³ – keeping your belly satisfied. Yum!



Time-saving tip: Shortly soaking the dates in warm water cuts back on the blending time.

Anthem 

¹ Greatist. *Simple smoothie recipes* (accessed August 2018). greatist.com.

² Healthline. *8 Proven Health Benefits of Dates* (accessed August 2018). healthline.com.

³ Organic Facts. *11 Best Benefits of Peanut Butter* (accessed August 2018). organicfacts.net.

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