

# PB Banana Shake

THM-Friendly: E

- 1/2 medium/large banana
- 2 Tbsp. raw whole oats
- 1/4 cup 1% low-fat cottage cheese
- 3/4 cup unsweetened nut milk
- 2 Tbsp. THM vanilla Pristine Whey Protein
- 2 heaping Tbsp. THM Pressed Peanut Flour
- 2 pinches of mineral salt
- 1/4 tsp. each of peanut butter extract and banana extract
- 2 Tbsp. THM Super Sweet (less if you prefer less sweet)
- 1/4 tsp. THM Glucic (glucomannan powder)
- 1 whole small yellow squash roughly chopped and unpeeled
- 1 large handful of spinach
- 3/4 cup okra (frozen)
- 8 large ice cubes

Add all to a blender and blend until perfectly smooth. This makes a HUGE shake of about 48 ounces. If you prefer less, use 1/2 of summer squash and 1/4 cup okra, and a little less ice.

enJOY!

