

# GOOD DREAMING SMOOTHIE

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## INGREDIENTS

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**For 2 servings**

- 1 medium banana, peeled and cut into chunks
- ½ cup fat free vanilla flavored soy milk
- ¼ cup Better 'N Peanut Butter
- 2 Tbsp chopped dried dates
- ½ tsp ground cinnamon
- Dash ground nutmeg
- 12 cups ice cubes

## DIRECTIONS

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**In a blender container, combine all ingredients except ice cubes.**

**Process until smooth**

**Add ice cubes, one at a time, blending until smooth.**