

Heritage Recipes

You can share old family recipes and traditions

Peanut Butter Shake by Hand

1 Jar of peanut butter
3 bananas
3 one half cup of ice

Please put one whole jar of peanut butter into a bowl. Then mash the bananas by hand then mix in with peanut butter. Add ice and smush with hard utensil. Add a touch of milk at the end. Stir and mix with hands thoroughly! Try to have a hard utensil to mash ice.

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