

SUBJECT LINES:

1. It starts with peanut butter and bananas ... need we say more?
2. 3-minute smoothie – peanut butter, banana, protein

PREHEADER:

- Click for this sumptuous smoothie recipe
- So easy ... so delicious.

BODY:

Looking for something delicious and nourishing that you can make in a flash,
{{first_name|default:'friend'}}?

After some experimenting at the NatureM.D. recipe lab, we came up with a deceptively simple smoothie you've **just got to try**.

It's the type of smoothie you need when you're rushing out the door and suddenly realize ...

You're about to start the day without any nutrition.

Our [Perfect Peanut Butter Protein Smoothie](#) has everything you need to stay satisfied and energized:

- healthy fat and protein
- energizing carbs and nutrients
- and *more protein*

Plus a couple more ingredients to make it super creamy 😊

And you could honestly probably make it in under three minutes (if you were in the zone).

[Click here for the full recipe!](#)

Just a heads up, this smoothie calls for a scoop of [NutriProtein](#) – our low-sugar, highly satisfying superfood protein blend.

You can get a [discount on NutriProtein](#) when you buy three or more today.

Wishing you the best of health,

Team NatureM.D.

PS:

Tell us what you think about your experience with NatureM.D. formulas on our [Facebook page](#)! We'd love to hear from you.