

Making it delicious

Chocolate Banana Smoothie



Ingredients (serves 2)

- 2 ripe bananas, sliced & frozen
- 1 1/2 cups milk
- 3 Tbsp. cocoa powder
- 3-4 Tbsp. creamy peanut butter (or sunflower seed butter)
- 1-2 cups of ice cubes



Instructions

- In a blender, add the frozen banana slices, milk, cocoa powder, peanut butter (or sunflower seed butter) and ice cubes.
- Blend until smooth and creamy, turning off the blender and using a spatula to get rid of air pockets as needed.

SERVINGS: 2 | PREP TIME: 5 MIN