



Healthy Chocolate Smoothie

Oscar · 28/09/2024



Prep Time

2

Difficult

Medium

Servings

N/A

Description

This chocolate smoothie is naturally sweetened with bananas so you don't have to add sugar to sweeten the cocoa. This healthy beverage is my go-to for a midday energy boost; the kids love it too.

Ingredients

— - 2 very ripe bananas - 1 cup milk - 6 ice cubes - 1 ½ tablespoons unsweetened cocoa powder - 1 tablespoon peanut butter - 1 teaspoon vanilla extract

Instructions

1. Combine bananas
2. milk
3. ice cubes
4. cocoa powder
5. peanut butter
6. and vanilla in a blender; blend on high speed until smooth. Pour into 2 glasses.