

Banana Chocolate-Peanut Butter Smoothie

Makes 1 serving

| Ingredients: | Cost per ingredient: | Cost per recipe: | Cost per serving: |
|---|------------------------|------------------|-----------------------|
| 1 - frozen banana | \$0.47 / lb | \$0.19 | \$0.19 |
| 1 cup - Fairlife milk or 1% or skim milk or alternative | \$3.98 / 52oz carton | \$0.62 | \$0.62 |
| 1 TBSP - cacao powder | \$1.84 / 8oz container | \$0.05 | \$0.05 |
| 1 cup - crushed ice | - | - | - |
| 2 TBSP - peanut butter | \$1.72 / 18oz jar | \$0.10 | \$0.10 |
| Stevia (if desired) | - | - | - |
| TOTAL: | \$8.01 | \$0.96 | Approx. \$0.96 |

*Prices based on Walmart.com

Directions:

1. Place all ingredients in blender
2. Mix until well blended

Nutrition Information:

Serving size: ~ 16 ounces
 Servings per recipes: 1
 Calories: ~ 400
 Protein: ~ 20 gm
 Carbohydrate: ~ 23 gm
 Fat: ~ 9 gm

Optional: 1 Tbsp. whey protein powder

