

## Banana Chocolate-Peanut Butter Smoothie

### Ingredients:

- 1 frozen banana
- 1 c. Fairlife milk, 1% or skim or milk substitute
- 1 Tbsp. Cacao powder
- 1 c. crushed ice
- 2 Tbsp. peanut butter
- Stevia sweetener if desired

### Directions:

Place all ingredients in blender and 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 (I do not use)

