

Chocolate Peanut Butter Smoothie



This delicious and creamy smoothie tastes just like a chocolate milkshake. It's a good source of protein that is easy to make and satisfies your sweet tooth! Perfect for breakfast or a nutritious snack!

YIELD	PREP TIME	TOTAL TIME
2 SERVINGS	5 MIN	5 MIN

INGREDIENTS

1 cup	Milk, low-fat
1 Tbsp	Maple Syrup
1 tsp	Vanilla Extract
2 Tbsp	Peanut Butter, no salt/sugar added
2 Tbsp	Cocoa Powder
2 each	Bananas, very ripe, frozen, cut into large chunks
1 cup	Frozen Cauliflower

CHEF'S NOTES

Using very ripe, frozen bananas gives this smoothie a sweet, ice cream-like texture!

It's easy to customize this recipe to your own preferences:

- Dairy milk can be swapped for a non-dairy option like oat or soy milk
- Any nut or seed butter can be used in place of the peanut butter

Add an extra splash of milk for a thinner smoothie.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a large blender pitcher, add all the ingredients in the order listed above. Start the blender on low and gradually increase to high speed. Blend until smooth and creamy. Serve immediately and enjoy!

Nutrition Facts

2 servings per container

Serving size **12 oz (339g)**

	Per Serving	Per Container
Calories	310	620
	% Daily Value*	% Daily Value*
Total Fat	10g 13%	21g 27%
Saturated Fat	2.5g 13%	5g 25%
Trans Fat	0g	0g
Cholesterol	5mg 2%	10mg 3%
Sodium	75mg 3%	150mg 7%
Total Carb.	50g 18%	99g 36%
Dietary Fiber	8g 29%	16g 57%
Total Sugars	30g	59g
Incl. Added Sugars	6g 12%	12g 24%
Protein	12g 24%	24g 48%
Vitamin D	1.5mcg 8%	2.9mcg 15%
Calcium	190mg 15%	380mg 30%
Iron	1.7mg 10%	3.4mg 20%
Potassium	940mg 20%	1880mg 40%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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