

Chocolate Peanut Butter Smoothie (Carb-Friendly)



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!

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| YIELD 2 SERVINGS | PREP TIME 5 MIN | TOTAL TIME 10 MIN |
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INGREDIENTS

| | |
|----------|---|
| 1 cup | Soy Milk |
| 1 tsp | Maple Syrup |
| 1 tsp | Vanilla Extract |
| ¼ cup | Peanut Butter, no salt/sugar added |
| 2 Tbsp | Cocoa Powder |
| 1 medium | 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! Adding a little frozen cauliflower also adds creaminess while watching carbs.

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

- Soy milk can be swapped for regular low-fat milk
- Any nut or seed butter can be used in place of the peanut butter

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Allow frozen banana and cauliflower to soften slightly at room temperature for up to 5 minutes.
3. 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 (290 g)

Amount per serving

Calories 330

% Daily Value *

Total Fat 19g 24%

Saturated Fat 3.5g 16%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 3%

Total Carbohydrate 33g 12%

Dietary Fiber 9g 31%

Total Sugars 16g

Includes 0g Added Sugars 0%

Protein 14g 28%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 2mg 11%

Potassium 800mg 17%

*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.

