

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 2 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

1 cup	Almond Milk
1 tsp	Maple Syrup
1 tsp	Vanilla Extract
¼ cup	Peanut Butter, no salt/sugar added
2 Tbsp	Cocoa Powder
2 each	Bananas, very ripe, frozen, cut into large chunks

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:

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

Add a handful of ice for a thicker consistency or 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 8 oz (292g)

Amount Per Serving

Calories 340

% Daily Value*

Total Fat 19g 24%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 40g 15%

Dietary Fiber 8g 29%

Total Sugars 19g

Includes 2g Added Sugars 4%

Protein 11g 22%

Vitamin D 1.4mcg 6%

Calcium 270mg 20%

Iron 2mg 10%

Potassium 800mg 15%

* 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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