

# 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!*

<b>YIELD</b> 2 SERVINGS	<b>PREP TIME</b> 5 MIN	<b>TOTAL TIME</b> 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 (288g)

**Amount Per Serving**

**Calories** 300

**% Daily Value\***

**Total Fat** 18g 23%

Saturated Fat 3g 15%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 105mg 5%

**Total Carbohydrate** 30g 11%

Dietary Fiber 8g 29%

Total Sugars 13g

Includes 2g Added Sugars 4%

**Protein** 12g 24%

Vitamin D 2.5mcg 15%

Calcium 250mg 20%

Iron 2.1mg 10%

Potassium 710mg 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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