

Peanut Butter Banana Chocolate Smoothie

Swick

Serves 1 | Active Time: 5 minutes | Total Time: 5 minutes

Chef's Notes

This makes for a quick breakfast, or a good pick-me-up anytime of day.

To give your smoothie that much more nutritional balance try adding a few tablespoons of one of the following:

- hemp, chia seeds, pumpkin seeds, sunflower seeds, cashew nuts, almonds, goji berries, coconut meat and/or raw cacao nibs

As well as a tablespoon or two of one of the following:

- virgin coconut oil, flax or hemp oil, extra-virgin olive oil

For added sweetness, if needed, you can add a tablespoon of one of the following:

- molasses, raw honey, agave or a few pitted dates

And for added protein add:

- 1-2 scoops of a quality protein powder

A good tip with bananas is once they are ripe, peel them and roughly break them up. Then freeze them so you always have some on hand. It also helps to make the smoothie that much colder.

Making the Smoothie

To prepare the smoothie, add the peeled bananas, peanut butter, ice, cocoa powder, and milk to a blender. Purée until you get a thick milkshake-like consistency. Serve immediately.

*Instead of cocoa powder, you can use chocolate flavored protein powder, if desired.

**For the milk, use anything type you like, soy, almond, cashew etc.

Step 1: Making the Smoothie

- 2 whole ripe, peeled bananas
- 4 tbsp peanut butter
- 1 cup ice cubes
- 2 tbsp cocoa powder*
- 2 cups milk**