

Chunky Monkey Smoothie



Ingredients (Serves 1):

- 1/4 cup low fat milk or sub almond milk
- 1 banana sliced and frozen
- 1 tablespoon light creamy peanut butter
- 1 tablespoon cocoa powder

*Optional: Add flaxseed, protein powder,
chocolate flavor peanut butter powder,
or vanilla yogurt*

Instructions:

- Place all ingredients in the blender in the order listed.
- Puree until smooth.
- Garnish if desired.

Nutritional Information: Per Serving

- Calories 237
- Total Fat 10g
- Saturated Fat 3g
- Cholesterol 3mg
- Sodium 32mg
- Carbohydrates 36g
- Dietary Fiber 6g
- Sugars 19g
- Protein 8g

This delicious recipe brought to you by:

<https://www.thereciperebel.com/healthy-chocolate-peanut-butter-smoothie-chunky-monkey/>