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## CACAO AND BANANA SMOOTHIE

4 Servings • 1 Serving = ½ cup

### INGREDIENTS

- 2 very ripe bananas, frozen
- 2 Tablespoons cacao powder
- ½ cup almond milk
- Optional toppings: chopped raw almonds, chopped pecans

### DIRECTIONS

1. In a blender or food processor add the frozen bananas, cacao powder, and almond milk. Mix until smooth. Serve.

**NUTRITION FACTS** Serving Size = ½ cup (78g); Servings per container = 4; calories 70; total fat 1.5g (2%); saturated fat 1g (5%); cholesterol 0mg (0%); sodium 10mg (0%); total carbohydrate 15g (5%); dietary fiber 2g (8%); sugars 7g; protein 1g.

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