



Banana Cocoa Smoothie – School Edition

4 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 2 very ripe bananas, frozen
- 2 Tablespoons cocoa powder
- ½ cup 1% milk

DIRECTIONS

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

Nutrition Facts

4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 0mg	0%
Potassium 314mg	6%
<small>*The % Daily Value 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.</small>	

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