



Chocolate Peanut Butter Smoothie

4 Servings • 1 Serving = 1 cup

INGREDIENTS

- 2 bananas, frozen
- 1 cup plain Greek yogurt
- 2 cups low-fat/skim milk
- 2 Tablespoons peanut butter
- 2 Tablespoons unsweetened cocoa powder
- Optional: protein powder, ground flax, frozen avocado, oats

DIRECTIONS

1. In a blender or food processor, add the bananas, Greek yogurt, milk, peanut butter, and cocoa powder to a blender. Include optional ingredients if desired.
2. Blend until smooth.

| Nutrition Facts | |
|-------------------------------|---------------------|
| 4 servings per container | |
| Serving size | 1 cup (248g) |
| Amount per serving | |
| Calories | 200 |
| % Daily Value* | |
| Total Fat 6g | 8% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 105mg | 5% |
| Total Carbohydrate 25g | 9% |
| Dietary Fiber 3g | 11% |
| Total Sugars 16g | |
| Includes 0g Added Sugars | 0% |
| Protein 13g | |
| Vitamin D 1mcg | 6% |
| Calcium 226mg | 15% |
| Iron 1mg | 6% |
| Potassium 571mg | 10% |

*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.

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