

# Chocolate Peanut Butter Banana Smoothie

Prep Time	Cook Time	Total Time
5 mins	0 mins	5 mins

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Recipe type: Breakfast or Snack  
Servings: 1



## Ingredients

- 8 ounces liquid (unsweetened vanilla almond milk, coconut milk, cashew milk, water, etc)
- 1 banana
- 1 TB natural peanut butter. (Only ingredients should be peanuts & maybe salt)
- 1 scoop chocolate protein powder
- ½ to 1 tsp unsweetened cocoa powder (optional)
- 3-5 ice cubes
- 1 handful of spinach (optional) Sneak in a veggie that you won't even taste!

## Instructions

1. Using a blender, place in each ingredient. I highly recommend the scoop of protein being one of the last ingredients added in. If it goes in first, it can clump to the bottom.
2. Blend until well mixed. Enjoy!

## Balanced Meal Breakdown

- Protein** – Protein powder, a little from nut butter
- Carbs** – Banana, a little from spinach (if used)
- Fat** – Nut butter, a little from milk choice