



COCOA BANANA PROTEIN SMOOTHIE

A simple blended option for days when a full meal feels less appealing.

PREP

5 minutes

COOK

0 minutes

YIELD

1 serving

INGREDIENTS

- 1 cup milk or unsweetened fortified soy milk
- ½ frozen banana
- ½ cup plain Greek yogurt
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon natural peanut or almond butter, optional
- Ice as needed
- Cinnamon to taste

INSTRUCTIONS

- 01** Add all ingredients to a blender.
- 02** Blend until smooth.
- 03** Add additional liquid to reach the desired consistency.
- 04** Sip slowly and refrigerate any unused portion promptly.

SIMPLE SWAP

Use a tolerated nut-free seed butter or omit the optional butter.