

PEANUT BUTTER BANANA SMOOTHIE

Who doesn't love peanut butter and banana? Add in some chocolate? Yes please!! This smoothie is healthy and packed with protein, but tastes more like a dessert! Your kids are sure to love it.

INGREDIENTS

Makes: 1 serving

- 1 cup milk, 1% or skim
- ½ cup banana, frozen
- 1 Tbs peanut butter
- ¼ tsp cinnamon
- 1 tsp unsweetened cocoa powder, or more if you like

Optional: ½ tsp vanilla extract



INSTRUCTIONS

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.