

Lifestyle Coaching and Food Institute



Banana Chocolate – Peanut Butter Smoothie

Yield: 1 Cost Per Serving: \$0.96 Cook Time: 10 minutes

Ingredients:

- 1 frozen banana
- 1 cup 1% or skim milk or alternative
- 1 Tbsp cocoa powder

- 1 cup crushed ice
- 2 Tbsp peanut butter

Directions:

- 1. Place all ingredients in blender
- 2. Mix until well blended

*Based on Walmart prices 04/22