## 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
