Chocolate Banana Smoothie

Prep time: 5 min Makes 3 cups



Public Health

INGREDIENTS

- 3 frozen ripe bananas
- 3 tablespoons cocoa powder
- 3 tablespoon sunflower seed butter, peanut butter or other nut butter
- $1\frac{1}{2}$ cups milk of choice
- 1/2 tsp vanilla extract
- 1 tablespoon honey

DIRECTIONS



Start with clean hands! Wash your hands with soap and water.

- 1. Add all ingredients to a blender.
- 2. Blend until smooth.
- 3. Enjoy!

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