

# Chocolate Banana Smoothie

Prep time: 5 min  
Makes 3 cups

## INGREDIENTS

- 3 frozen ripe bananas
- 3 tablespoons cocoa powder
- 3 tablespoon sunflower seed butter, peanut butter or other nut butter
- 1 ½ cups milk of choice
- ½ 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!

