

Chocolate Peanut Butter Smoothie



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PoeCenter
The Alice Aycock Poe Center for Health Education

Recipe

From the Poe Center

Title: **Chocolate Peanut Butter Smoothie**

Serves: 2

Total Time: 5 minutes

Equipment: Blender or food processor

Ingredients:

- 1 cup low fat vanilla Greek yogurt
- 2 tbsp peanut butter
- 1 tbsp unsweetened cocoa powder
- 1 banana
- ½ cup low fat milk or milk alternative
- ½ cup ice
- Optional- 1 tsp cinnamon

Cooking instructions:

Measure all ingredients and place into blender. Pulse until smooth. If too thick, add more milk. If too thin, add another banana. Enjoy cold!



Special Tip:

Peel and freeze bananas when they start to become over-ripe. They will be perfect for your next smoothie.



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