



# Chocolate Banana Smoothie\*

Servings: 3 ½ cups

## Ingredients:

- 3 cups unsweetened almond milk (or substitute rice or soy milk)
- 2 frozen bananas
- 2 tablespoons unsweetened cocoa powder
- 1 tablespoon + 1 ½ teaspoons almond butter
- 1 tablespoon finely ground flax seeds
- ½ teaspoon maple syrup
- ¼ teaspoon vanilla extract
- 4 ice cubes, optional



Healthy ingredients for Chocolate Banana Smoothie



Chef Laura Pole prepares  
Chocolate Banana Smoothie

## To prepare:

Put all ingredients in blender and process until smooth. After a taste test, add a couple drops of lemon juice to perk up the flavor if needed. Serve immediately.

Variations: For more chocolate flavor, add 2 ½ tablespoons cocoa powder or 1 tablespoon unrefined virgin coconut oil for additional fat and calories.

Additional comments and tips from Chef Laura Pole:

- This delicious drink is great for hydration, and a treat for good nutrient dense calories. There are benefits to cocoa powder, dark chocolate, and bananas.
- You can use regular milk, soy milk, or any kind of milk. This is unsweetened because we don't need to add any refined sugar to this. The bananas are going to sweeten it up nicely. You could also add a little bit of maple syrup in it.
- Flax seed and chia seeds have similar omega 3 fatty acids. These seeds also will thicken the drink. To add a little protein and good fat, we added unsweetened almond butter.
- If you are going to serve it right away, blend with some ice to make it very cold and frosty. Or, you can put your pitcher in the freezer to chill. If you have any leftovers, pour it in paper cups and refreeze for individual servings of chocolate popsicles. It's very soothing to the mouth and very satisfying.



BCAN Co-Founder Diane Zipursky Quale enjoys a glass of chocolate banana smoothie