

HEALTHY CHOCOLATE MILKSHAKE

Healthy Chocolate Milkshake

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 2 (serving = 8 ounces)

Nutrition (per serving)

Calories: 181	Total Carbohydrate: 25
Total Fat: 7 g	Dietary Fiber: 3 g
Saturated Fat: 2 g	Total Sugars: 9 g
Sodium: 99 mg	Protein: 8 g

Ingredients

- 1 cup 2% milk (can use milk of choice)
- 1 teaspoon vanilla extract
- 2 Tablespoons unsweetened cocoa powder
- 1 Tablespoon peanut butter (can use nut butter of choice)
- 1 teaspoon granulated white sugar
- 1 medium banana, peeled, sliced, and frozen
- 1 cup ice cubes

Directions

1. In a blender or food processor, combine all ingredients.
2. Blend until smooth. Serve immediately.