

HEALTHY CHOCOLATE MILKSHAKE

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

Serves: 2 (serving = 8 ounces)

Nutrition (per serving)

Calories: 181

Total Fat: 7 g

Saturated Fat: 2 g

Sodium: 99 mg

Total Carbohydrate: 25 g

Dietary Fiber: 3 g

Total Sugars: 9 g

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.



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