Banana Monkey Smoothie

Recipe

• ½ cup 0% Vanilla Greek Yogurt
• ½ cup skim milk
• ½ banana (fresh or frozen)
• 2 teaspoons cocoa powder
• 1 Tablespoon peanut butter
• ½ Tablespoon flax seeds (optional)

Makes 1 serving

Instructions

1. Add greek yogurt, banana, cocoa powder and peanut butter to blender.
2. Add in milk.
3. Blend.
4. Serve! 😊

Nutrition Sound Bites!

• Smoothies:
  ✓ Are a great way to pack in protein, fibre, vitamins and minerals into one yummy slurp!
  ✓ Make a great quick breakfast or after school snack.
  ✓ Can be eaten at home or taken on the go!
  ✓ Looking for versatility! Consider freezing smoothies in Popsicle trays to make a delicious frozen treat!