Chunky Monkey Smoothie

Servings: 1

Ingredients:

• 1 ripe banana (fresh or frozen)
• 1 scoop vanilla protein powder (Try Vega®)
• 2 tbsp peanut butter powder (Try PB2) or natural peanut butter
• 2 tbsp cocoa powder
• ½ cup- ¾ cup plain yogurt (Try organic or plain Greek)
• ~ ¼ cup milk to make it smooth (Try 1% or almond milk)
• Handful of spinach

Instructions:

1. Blend all ingredients together well.
2. Enjoy!
Nutrition Facts:

Calories: 380
Fat: 4g
Sodium: 380 mg
Total Carbohydrates: 49g
Dietary Fiber: 10g
Protein: 54g