Chocolate-Almond Banana Smoothie

Serves 1

1 banana, sliced and frozen (or fresh + ice)
1 cup low-fat milk (or vanilla soy milk)
1 Tbsp almond or peanut butter
1 Tbsp cocoa powder
1 dash of vanilla extract (or ¼ cup low fat vanilla yogurt)

Method

1. Combine all ingredients in a blender or food processor and pulse until smooth and creamy. Add ice or extra liquid as necessary for texture and coolness.

Optional Additions: 1 scoop of whey or hemp protein powder, 1-2 Tbsp ground flax seeds or chia seeds, 1 Tbsp honey, and/or ½ cup strawberries.