

BANANA, PEANUT BUTTER, COCOA & ALMOND MILK SMOOTHIE



Yes, I know that, technically, this isn't a dessert, but it's SO yummy and feels SO decadent that it should be! Besides, depending on how thick you like the consistency, it could double up as a sort of mousse. I admit, it's not calorie free (because of the peanut butter), but it's full of proteins, magnesium, fibre, manganese, vitamins B6, C, potassium, copper – and that's just from the banana alone! – not to mention all the amazing vitamins, minerals and nutrients the other ingredients contain, so it's *reeeeaaaly* worth it! It will boost your energy and make you feel very happy, as well! If you want, you can replace the almond milk with another plant-based milk of your choice, if you're not into almond milk, and you can also switch the peanut butter for another plant-based butter of your choice – it won't have that slightly salty tang to it, but it'll still taste yummy. And, a little goes a long way! Anyway...enough said. Try it. It's good!

Yields:

2-4 servings



Freeze the bananas for up to **1** month

Prep. Time:

0 hours 5 minutes

Cook Time:

0 hours 0 minutes

Total Time:

0 hours 5 minutes



Suitable from **24** months, because of the peanut butter and almond milk



Suitable for vegans



Suitable for vegetarians

INGREDIENTS

- 1 banana, use frozen ones, already pre-cut in slices
- 1 ½ Tbsp peanut butter, or any other plant-based butter of your choice
- 1 ½ Tbsp good quality cocoa powder
- 1 cup almond milk, or any other plant-based milk of your choice

METHOD

1. Place one frozen and pre-sliced banana in the blender.
2. Add the peanut butter and cocoa powder.
3. Pour in the almond milk.
4. Blitz the ingredients well until you have a smooth...eerm...smoothie!
5. If you like your smoothie to have a thicker consistency, add less milk.
6. Make sure the bananas you've frozen are quite ripe, as this will add sweetness to the smoothie.
7. To freeze a banana, take a ripe one, peel it, slice it (thin slices a better), and place the slices in a ziplock bag, squeezing all the air out of it gently (without crushing the banana. Place bag in the freezer, and that's it!
8. Enjoy!