


 **HearingLife**

 **Enjoy a  
healthy treat  
this month!**



*Smoothies*

## Healthy Chocolate Peanut Butter Smoothie

Prep Time: 1 min.  
Cook Time: 2 min.  
Total Time: 3 min.  
Calories: 175 kcal  
Yields: 2 servings  
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### INGREDIENTS

- 0.5 cup milk of choice
- 0.5 large banana
- 1 tablespoon peanut butter
- 1 tablespoon cocoa powder
- 0.5 cup ice

### INSTRUCTIONS

1. In a high-speed blender, add all your ingredients, except for the ice.
2. Blend until combined. For a thicker smoothie, add ice and blend once more.
3. Transfer the smoothie into two glasses and serve immediately.

### EQUIPMENT NEEDED

- A strong blender

