

# Chocolate PB Smoothie

Makes one serving

## YOU WILL NEED

- 1 c milk or milk substitute
- 1 scoop chocolate protein powder
- 1 handful of baby kale or other tender greens
- 1/2 small avocado
- 1 TBL bee pollen (optional, but adds sweetness)
- 1 tsp instant coffee (optional)
- 1-2 TBL unsweetened cocoa powder
- 1-2 TBL PB2 (peanut powder)
- 1 banana, frozen into 4-5 chunks
- 1 thumb size portion of peanuts
- 4-5 ice cubes
- dash of cinnamon (optional)

## PROCEDURE

Add all ingredients to a blender or smoothie maker, and blend thoroughly.

Dust top with additional cinnamon if desired. Savor through a straw or with a spoon!



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