

# Chocolate Peanut Butter Protein Smoothie

*Add this protein-packed Chocolate Peanut Butter Smoothie to your workout routine.*

**1 large frozen banana, sliced into small pieces**

**2-3 tbsp Cococo Dutched cocoa powder (to taste)**

**6 oz 0% fat Greek yogurt (or 2%, flavoured or unflavored)**

**3/4 cup skim milk (or your favourite kind of nondairy or dairy milk)**

**1 tbsp honey, maple syrup, or agave**

**1 tbsp peanut butter (your choice of brand and texture)**

Use a strong, powerful blender that will properly blend the frozen banana.

Put all of the ingredients into the blender, in the order listed above, and blend on high until thick and smooth. Start with only 2 tbsp of cocoa powder, blend, and then add 1 tbsp more for a stronger cocoa taste.

At regular intervals, you may need to stop blending and scrape down the sides of the blender.

Optional - drizzle glass with 1 teaspoon of chocolate syrup and enjoy!

Variations:

- If you prefer a less sweet smoothie, you can leave out the honey.
- Add more peanut butter for a stronger peanut butter taste.
- Add more milk (or non-dairy liquid) to make the smoothie thinner.
- Add 1 cup of your favourite greens for added nutrition.