



# Chocolate, Peanut Butter, & Banana Vegan Milkshake

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This smoothie is my go-to hunger-buster when I want a healthy and refreshing treat. It happens to be very versatile, so don't be afraid to substitute what you have on hand. I use frozen bananas as my base which gives it a thick milkshake-like consistency while keeping it dairy-free.

## INGREDIENTS

1 cup milk alternative +/- based on desired milkshake consistency  
1-2 frozen bananas  
1 heaping tbsp GDC Natural Cocoa Powder  
1-2 heaping tbsp peanut or nut butter (try our chocolate hazelnut or sunflower seed butters).  
Honey to taste  
Topped with chopped chocolate discs

## PREPARATION

Blend all ingredients and pour into a glass. Easy peasy!  
Tip: you can "hide" a small handful of spinach in this recipe if you'd like

For more recipes, ingredients, and chocolate fun, visit [grocersdaughter.com](http://grocersdaughter.com).