



# Jody's Chocolate Banana Licuado

Jody Hayden

August 24, 2021

This recipe is inspired by one of my favorite street treats from when I was a graduate student living in Chiapas, Mexico on a shoestring budget. Licuados or Batidos (as they are called in Cuba and along the Caribbean Coast) were my favorite inexpensive, quick meal made from milk, fruit and - in the case of my favorite combination of choco-banana - Nesquik. They were often served in a plastic bag tied at the top with a straw inserted and served only slightly chilled. Kids young and old enjoyed them as they strolled the streets with their families on the evenings and weekends.

Of course, using great chocolate and dairy takes the flavor to the next level but this recipe still transports me to those lovely afternoons of people watching in the zocalo of San Cristobal De Las Casas. I've added vanilla ice cream to the traditional recipe because why not? You could easily make this vegan by substituting in cashew milk and non-dairy vanilla ice cream.

## INGREDIENTS

1/4 cup GDC hot chocolate mix  
4 oz boiling water  
1 tbsp natural cocoa powder  
3/4 cup whole milk  
1 large frozen banana  
4 heaping scoops of vanilla ice cream (about 2 cups)

Variation #1: add 1/4 teaspoon ground cinnamon, dash of cayenne pepper for a delicious kick of spice!

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## PREPARATION

Make Chocolate Sauce: In a measuring cup or heat safe bowl, pour boiling water over hot chocolate mix, let stand for 30 seconds then whisk until chocolate is completely melted. Add cocoa powder and whisk until fully blended. Allow sauce to cool to room temperature.

Add banana, milk and ice cream to a blender and pulse until well mixed. Add chocolate sauce and any variations you'd like and blend until smooth.

Top with whipped cream if you wish and enjoy!

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