



Chocolate Peanut Butter Smoothie

Prep: 2 minutes | Cook: 0 minutes | Total: 3 minutes

Yield: 1 serving | Serving Size: 14 ounces

Ingredients

- 4 ice cubes
- $\frac{3}{4}$ cup low-fat (1%) milk
- 1 date, soaked
- $\frac{1}{2}$ banana
- 1 tablespoon cocoa powder, unsweetened
- 1 tablespoon peanut butter

Directions

1. Set up your blender. You can use an immersion blender standing blender or single cup blender.
2. Place dried date in a small dish and cover with hot water. Let sit a few minutes or microwave for 40 seconds. Drain water.
3. Place ice, milk, date, sliced banana, cocoa powder and peanut butter in the blender.
4. Cover and blend on high speed for about 1 minute, until well blended.
5. Pour into a glass and enjoy!

Recipe Notes

- If you do not have dates, substitute 1 teaspoon of maple syrup.
- Substitute any nut or seed butter for the peanut butter if desired.
- Substitute your favorite non-dairy milk. If you are using a sweetened milk, consider omitting the added sweetener.

**Nutrition Facts Per Serving: Calories: 275 | Total Fat: 12 g | Saturated Fat: 4 g
Sodium: 160 mg | Total Carbohydrate: 35 g | Dietary Fiber: 5 g | Protein: 12 g**

Adapted from minimalistbaker.com | Submitted by Robin LaCroix, RD, CSO
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