

Banana Cacao Smoothie

4 Servings • 1 Serving = ½ Cup



INGREDIENTS

- 2 very ripe bananas, frozen
- 2 Tablespoons cacao powder
- ½ cup almond milk
- Optional toppings: raw almonds or pecans, chopped

DIRECTIONS

1. In a blender or food processor add the bananas, cacao powder, and almond milk. Blend until smooth.
2. Garnish with almonds or pecans.

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 2g Added Sugars	4%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 0mg	0%
Potassium 283mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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