

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.

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