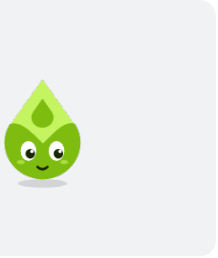
Snack, American

Chocolate Banana Yogurt Smoothie

A thick, frosty blender drink where cocoa, banana, and yogurt come together into a creamy chocolate treat in just minutes.

5 min	110	14 g	7 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 2 servings

- [ ] 1 cup unsweetened almond milk
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 1/2 med banana (frozen)
- [ ] 1/2 cup plain nonfat Greek yogurt
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp sugar substitute

Method

- [ ] **1** Pour the unsweetened almond milk into a blender.
- [ ] **2** Add the unsweetened cocoa powder, frozen banana, Plain Nonfat Greek yogurt, vanilla extract, and sugar substitute.
- [ ] **3** Blend everything until completely smooth.
- [ ] **4** Divide the mixture between two glasses and serve right away.

Nutrition Facts

Per serving

Calories	**110**
Total fat	3 g
Saturated fat	1 g
Sodium	115 mg
Total carbs	14 g
Fiber	3 g
Total sugars	7 g
Protein	8 g

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