



BANANA CHOCOLATE SOY SMOOTHIE

Adapted from Cooking Light

Ingredients

- 1 large banana, frozen (see tip)
- ½ cup chocolate soymilk
- 1 tablespoon honey
- Pinch cinnamon
- 1 cup plain Greek yogurt

Instructions

Use your blender to crush 4 to 6 ice cubes (you'll want about ½ cup crushed ice).

Using a sharp knife, cut the frozen banana into 3 or 4 pieces. Add the soymilk, honey, cinnamon, and banana pieces to your blender with the crushed ice and process until smooth. Add in the yogurt and mix until blended. Serve immediately.

Tip:

- Put bananas in your freezer when they start to turn, so that you can make this smoothie without advanced planning. (You can also slice the bananas before freezing them for easier prep.)

Yield: 2 servings

NUTRITION FACTS PER SERVING

CALORIES: 200

PROTEIN: 14 grams

SODIUM: 90 milligrams

CARBOHYDRATE: 35 grams

FIBER: 2 grams

FAT: 1 grams

SATURATED FAT: 0 grams

