

Chocolate Banana PB Smoothie

Serves 2

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This creamy and chocolatey dessert smoothie secretly contains veggies and healthy seeds - but you would never know it! And kids will love it, too.

INGREDIENTS

- 1 cup frozen bananas
- 1 cup coconut milk
- 4" piece of cucumber or zucchini (fresh or frozen)
- 4 ice cubes
- 1/4 cup chocolate chips sweetened with stevia (Lily's Brand)
- 2 T raw cacao powder
- 1.5 T maple syrup
- 1 T chia seeds
- 1 T flax seeds
- 1 T hemp seeds (optional)
- pinch of sea salt
- 3 T peanut butter, divided

DIRECTIONS

1. Melt the chocolate chips in a microwave safe bowl.
2. Combine all ingredients in the blender and blend on high for 1 minute.
3. To make the peanut butter pattern in the glass, spread the peanut butter inside of each glass that you will be using. Fill with the smoothie. Top with additional peanut butter dollops and sprinkle with chocolate chips.

Note: You can alternatively combine the peanut butter with the rest of the ingredients in the blender for a completely smooth, drinkable smoothie. The dollops of peanut butter will get stuck in a straw, so I recommend enjoying it with a spoon.