Kids in the Kitchen



CHOCOLATE BANANA SMOOTHIE

INGREDIENTS

- ½ cup frozen yogurt and kale
- MCT oil (if desired for extra fat)
- 1 medium frozen banana
- 1 scoop chocolate protein powder
- 2 tablespoons peanut butter powder
- 1 tablespoon chia seeds
- ¾–1 cup milk (dairy or your favorite alternative)
- 1–2 teaspoons honey, to taste

DIRECTIONS

1. Add the milk, MCT oil and honey to a blender.
2. Add the chocolate protein powder, peanut butter powder, and chia seeds.
3. Blend until smooth and creamy, about 30–60 seconds.
4. Add frozen yogurt, kale and banana and blend until smooth.
5. Taste and add honey if you prefer a sweeter smoothie. Add a little more milk if it's too thick.

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