



## Simple Five Ingredient Chocolate Banana Smoothie

This chocolate banana smoothie is rich, creamy, and deeply satisfying—with zero added sugar and nothing fake. It tastes indulgent, but every ingredient is intentionally chosen to nourish and energize.

Frozen bananas bring natural sweetness, almond butter adds depth, and plant-based protein makes it filling enough to count as a meal. I like mine on the thicker side—more like a spoonable, somewhat slushy shake—so don't hold back on the ice.

Blend it up, pour it into your favorite glass (or thermos), and enjoy every sip.

### Ingredients

- 1 cup Organic Almond Milk (no added sugar)
- 1 Scoop Plant Based Protein Powder (no sugar)
- 1 TB Dark Chocolate Cocoa (no sugar added) \* See Cooks Note
- 3 bananas (preferably frozen), peeled and broken into 2" chunks
- 2 TB Crunchy Almond Butter (no added sugar)
- Ice Cubes

### Instructions

1. In a high-powered blender (I use a Vitamix), in this order, add: 1 cup Organic Almond Milk, 1 scoop protein powder, 1 TB Dark Chocolate Cocoa (no sugar added), 3 bananas (preferably ripe and frozen), 2 TB Almond Butter (I prefer crunchy but you could also use smooth) and blend on low until well mixed.
2. Check the consistency of the smoothie and see if it's to your preferred consistency. I like mine a little thick, so I usually need to add ice cubes to get it thicker (more like a chocolate shake). I start with 6 ice cubes and add more as needed to get it to my preferred consistency. Blend on high until all ice cubes are chopped up.
3. Pour into your favorite glass and enjoy!

This usually makes about 24 oz of smoothie. Enough to share with a friend, or make it a full meal for yourself. I usually take mine to work in a thermos and enjoy it throughout the morning.

Watch the demo on YouTube [HERE](#).

\*Cooks Note: If you prefer a smoothie with a bit more grit (if you like to kind of chew it), you can use cacao nibs in place of the dark chocolate cocoa powder. You can find unsweetened cacao nibs on Amazon and sometimes in grocery stores like Whole Foods, Sprouts and/or Natural Grocers.