

Chocolate Peanut Butter Smoothie

Something so delicious and yet healthy

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INGREDIENTS

(for 1 portion)

- 2 Bananas
- 1/2 Avocado
- 1 tsp Vanilla extract
- 1 tbsp Cacao (with no added sugar)
- 1 tbsp Peanut Butter
- 120ml milk

- 1 tbsp smooth peanut butter for decoration
- fruits or berries of your choice for decoration

DIRECTIONS

1. Add all ingredients into a smoothie maker and blend until smooth.
2. Transfer into a bowl and decorate with some more peanut butter and berries of your choice (decoration suggestion in the video).
3. Eat the smoothie fresh. Fruit smoothies are not very good for storing for later, but you can store them for a couple of hours in the fridge.

