



RECIPE OF THE WEEK

Chocolate Peanut Butter Banana Smoothie

Preparation Time: 5 minutes | Serves 1

INGREDIENTS

- $\frac{3}{4}$ cup plain Greek yogurt
- 1 frozen banana
- 1 cup milk of choice
- Handful of ice cubes
- 1 tbsp ground flaxseed
- 1 tbsp peanut butter
- 1 tbsp cocoa powder
- 1 handful of spinach (optional)

DIRECTIONS

Blend all ingredients in a blender. Serve in a cup or thermos with a straw

NURTITION (1 smoothie, using unsweetened almond milk):

397 calories, 28g protein, 46g carbs, 9g fibre, 23g sugar, 15g total fat, 256g sodium