

## Chunky Monkey Smoothies



*Level: Easy*

*Prep Time: 5 minutes*

*Serves: 4 to 5*

*Cooking Time: -*



2 to 3 ripe yellow bananas, sliced (see Notes below)

1 cup nonfat milk

$\frac{1}{4}$  cup natural creamy peanut butter (oil and peanut butter should be mixed well)

3 Tbsp. pure dark chocolate cacao powder

6 scoops (about 2 cups) low-fat vanilla Greek frozen yogurt (see Notes below)

In a blender, add bananas, milk, peanut butter, cacao powder, and frozen yogurt. Cover and blend until smooth. Pour into individual glasses and serve immediately.

### Notes:

- To make this smoothie even creamier, freeze the sliced bananas overnight before blending.
- You can find dark chocolate cacao powder in health food markets, gourmet supermarkets, or sometimes even at Ross Stores.
- Use low-fat vanilla frozen yogurt if Greek frozen yogurt is not available. Found in the ice cream freezer section at your local supermarket.