

Peanut Butter Chocolate Smoothie

Recipe By *Sina Mizrahi*



Cooking and Prep:  05
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Serves:  4

Contains:  

Preference: Parve

Difficulty: Easy

Diet: Gluten Free, No Refined
Sugar, Salt Free

Source: Relish by Binah
Magazine

It usually happens around 3:00 p.m. You're convinced that unless you drink another cup of coffee, you'll fall asleep in the carpool lane. Don't fall into that trap! Pack yourself a healthy snack filled with whole grains, protein, vitamins, and minerals that will feed your cells the right nutrients for a real, long-lasting energy boost. This smoothie packs so many good-for-you ingredients inside such delicious flavors that you're left wondering who's benefiting more, your body or your taste buds. The answer is both, I promise. The rich antioxidants from the unprocessed cocoa, coupled with the protein-packed peanut butter and the fiber-rich oats, bring you a great combination of nutrients. Not to mention the chia seeds, which are a popular super food containing ample omega-3, calcium, and fiber.

Ingredients (8)

Main ingredients

5-6 ice cubes

3/4 cup almond milk

- 1/4 cup oats (use gluten free if needed)
 - 2 ripe bananas
 - 3 tablespoons **Gefen Natural Unsweetened Peanut Butter**
 - 2 tablespoons **Gefen Honey**
 - 1 tablespoon **Gefen Cocoa** or other natural unsweetened cocoa
 - 1 tablespoon chia seeds (*optional*)
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Start Cooking

For the smoothie

- 1.** Blend all ingredients together.

Note:

If you include the chia seeds, consume the drink immediately. Chia seeds absorb a lot of water and will gel, leaving you with a wiggly pudding instead of a smoothie.