

Chocolatey PB and Banana Bowl

Recipe By Sina Mizrahi



Cooking and Prep:  15
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Serves:  2

Contains:  

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Low Carb,
Vegan, Pescetarian

Source: Relish by Binah
Magazine

This feels like dessert for breakfast, minus the sugar. The chocolate smoothie is packed with raw cocoa powder (a powerful antioxidant), natural peanut butter (for a nutty taste and a healthy fat), as well as almond milk. I topped it with some cacao nibs, which are bitter yet very nutritious, and added an extra drizzle of maple syrup to offset that. Most importantly, the flavors come together effortlessly because chocolate, peanut butter and banana make a perfect trio.

Ingredients (12)

Smoothie

- 1/2 a banana
- 1 cup almond milk
- 1 cup ice
- 2-3 tablespoons **Gefen Natural Peanut Butter**
- 1 tablespoon **Gefen Cocoa Powder**

1 tablespoon maple syrup

dash of **Gefen Vanilla Extract**

Toppings

1 tablespoon **Gefen Granola**

1/2 banana, sliced

1 teaspoon cacao nibs

1/2 teaspoon ground coconut

drizzle of maple syrup

Start Cooking

Blend

1. Using a blender, blend the smoothie ingredients on high until smooth.
2. Pour into a bowl and top with the granola, banana, cacao nibs, and ground coconut.
3. Drizzle with maple syrup.

Note:

This smoothie can be stored in the refrigerator (without toppings) for up to 24 hours.

Tip:

If you don't have almond milk, you can substitute 1 cup water plus a handful of almonds.