Missy’s Chocolate-Almond Smoothie
Serves 1
This is a delicious – and nutritious - way to start your day! If you don’t have almond milk try it with Greek yogurt for an extra blast of protein.

1 small ripe banana, peeled, sliced, and frozen
1 cup unsweetened almond milk
1 tablespoon almond butter
1 tablespoon cocoa powder

Directions:
Place ingredients in a blender and puree until smooth.

Nutritional Information per serving:
Calories: 263  Carbohydrates: 27g
Total Fat: 13g  Cholesterol: 0mg
Saturated Fat: 1g  Dietary Fiber: 7g
Protein: 7g  Sodium: 217mg