

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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