

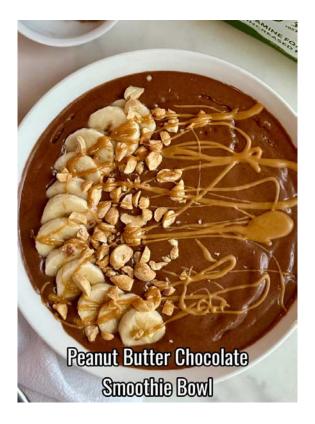
PEANUT BUTTER CHOCOLATE SMOOTHIE BOWL

High Protein / Gluten-Free / Low Sugar / Kid-Approved!

Recipe by Shannon (@healthy.mom.healthy.family) and Featured on MariGoldFoods.com

INGREDIENTS:

- 2 frozen bananas
- 1/3 cup almond milk (or milk of choice)
- 2 scoops Rich Chocolate Malt Whey Isolate Protein Powder
- 2 Tbsp cacao or cocoa powder
- 2 Tbsp peanut butter
- Toppings of your choice (I used banana slices, crushed peanuts and a drizzle of melted PB!)



DIRECTIONS

- 1. Add all ingredients (except toppings) to a high-speed blender.
- 2. Blend until smooth and thick (add a splash more milk if needed).
- 3. Spread into a bowl, add your favorite toppings, and enjoy every spoonful!



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