



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!



Featuring MariGold
Rich Chocolate Malt Whey Isolate
Protein Powder
(MariGoldFoods.com)

