



## Chocolate Banana Bliss

- 1 cup almond milk
- 1 frozen or fresh banana
- ½ cup spinach
- 2 Tablespoons almond butter or peanut butter
- 2 Tablespoon raw honey
- 2 Tablespoons raw cacao powder
- 1 Tablespoon Hemp seeds
- Ice (optional)

### **Nutrition Facts** From MyFitnessPal

Servings 3.0	
Amount Per Serving	
<b>calories</b> 230	
% Daily Value *	
<b>Total Fat</b> 11 g	17 %
Saturated Fat 2 g	8 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	0 %
<b>Sodium</b> 95 mg	4 %
<b>Potassium</b> 398 mg	11 %
<b>Total Carbohydrate</b> 28 g	9 %
<b>Dietary Fiber</b> 4 g	14 %
<b>Sugars</b> 19 g	
<b>Protein</b> 8 g	15 %
Vitamin A	13 %
Vitamin C	7 %
Calcium	16 %
Iron	6 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

