

Chocolate Smile

Total: 5 min · Prep: 5 min · 1 servings · Easy · Smoothies

Vegetarian

Gluten-Free



INGREDIENTS

1 pc Banana

1 tsp Cocoa or carob

10 g Peanut butter

10 g Cashew

150 ml Coconut milk (liquid)

INSTRUCTIONS

- 1 Chop the banana and place it in a blender.
- 2 Add all other ingredients and blend until smooth.
- 3 Pour the shake into a glass.
- 4 For decoration and flavor, grate 5g of chocolate and sprinkle on top.

Nutrition per serving: 369 kcal · Protein 8.0 g · Fat 13.0 g · Carbs 55.0 g · Fiber 4.8 g