



BeFit

Be Fit. Eat Healthy. It's your choice.

Be Fit Basics: Banana Chocolate Smoothie

Adapted from Cooking Light

About 4-6 ice cubes
1 large banana, frozen (frozen in its peel)
½ cup chocolate soy milk
1 tbsp honey
1/8 tsp cinnamon
1 cup plain 0% Greek yogurt

Instructions:

Use your blender to crush the ice cubes (you'll want about ½ cup crushed ice). Using a sharp knife, cut the frozen banana into 3 or 4 pieces and remove the peel from each piece. Add the soy milk, honey, cinnamon, and the banana pieces to your blender with the crushed ice and process until smooth. Add in the yogurt and mix until blended. Serve immediately.

Notes:

-Try putting frozen bananas in your freezer when they start "to turn" so that you can make this smoothie without advanced planning. (This also helps you avoid wasting bananas that are past their prime.)
The frozen banana in this recipe will help keep your drink chilled. It also imparts a creamy texture to the smoothie.

Yield: 2 servings



NUTRITION INFORMATION PER SERVING:

CALORIES: 195 calories	PROTEIN: 14 g	SODIUM: 85 mg
	CARBOHYDRATE: 35 g	FIBER: 2 g
	FAT: 1 g	Sat Fat: 0 g

MAKE IT A MEAL:

Protein and Fruit: 1 serving banana chocolate smoothie

Starch: ½ whole wheat English muffin (65 calories)

Protein: 1 tbsp almond butter (100 calories)

GROCERY SHOPPING LIST

Banana
Chocolate soy milk
0% plain Greek yogurt
Whole wheat English muffin
Almond butter
Condiment Pantry: honey, cinnamon