

Peanut Butter Chocolate Chip Smoothie

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Servings: 1

2 tablespoons peanut butter
2 medjool dates, pitted
1 cup coffee
2 tablespoons cacao powder
1/2 frozen banana
1 cup unsweetened almond milk
1 handful frozen spinach or kale
1 cup ice
non-dairy whipped topping (for topping)
cacao nibs (for topping)

Preparation Time: 5 minutes

Place the peanut butter, dates, coffee, cacao powder, banana, almond milk and spinach into a blender.

Add ice. Blend on high until smooth.

Pour into a glass. Top with whipped topping and cacao nibs.

You may swap the dates for figs or regular milk for almond milk.

Per Serving (excluding unknown items): 196 Calories; 16g Fat (70.5% calories from fat); 8g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 162mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 2 1/2 Fat.