

Chocolate Peanut Butter Shake by Lynn's Recipes



Lynn demonstrates how to make a delicious and creamy Chocolate-Peanut Butter Shake. This shake doesn't use ice cream, but frozen bananas. A healthy alternative to the traditional shake.

Ingredients:

- 2 frozen bananas, pre-sliced
- 1½ Tablespoons cocoa powder
- 1 cup milk, (I used Almond Milk, but you can use regular milk)
- 1 Tablespoon maple syrup
- 1 heaping Tablespoon peanut butter, (I used natural, organic peanut butter, but use whatever you choose)

Blend in blender and serve.

[Link to Vita Mix Blender](#)

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