



Traffic light category: **Green** Serves: 4

Ingredients

- 2 large frozen bananas, chopped
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons peanut butter
- 2½ cups milk

Method

1. Place all ingredients in a blender
2. Blend on high speed for 1 minute or until smooth
3. Pour into glasses and serve immediately.

Packed full of carbohydrates, protein and healthy fats, this smoothie makes the perfect recovery snack!

Hungry for more?

Contact the Fuel to Go & Play® team
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