



early childhood community development centre

---

# Peanut Butter Banana Chocolate Smoothie

---

## Ingredients

- 1 very ripe frozen banana
- 1 ¼ cups of milk or soy milk
- 1-2 tbsp of chocolate syrup or cocoa
- 1 tbsp peanut butter

## Directions

1. Place all ingredients in a blender and blend until smooth. Serve.

Source: Melissa Aubertin-Coutu, Sukha Yoga and Nutrition Centre, St Catharines

For more great daycare recipes, visit [www.eccdc.org](http://www.eccdc.org)

---