

Recipe

Dark chocolate breakfast smoothie

Start your day with this creamy, dreamy, balanced meal-in-a-glass.

Makes 1 serving | Prep: 5 minutes



Ingredients

- 1 ripe banana
- 1 cup plain non-fat Greek yogurt
- ½ cup oats, old-fashioned or quick-cooking
- 3 Tbsp dark cocoa powder
- ½ cup almond milk, vanilla unsweetened
- Ice to thicken

Preparation

Place all ingredients except ice in a high-speed blender. Puree until smooth. Add a handful of ice and blend. Add more until you've reached desired consistency.

Nutrition information per serving | Serving size: 1 smoothie



Calories: 415 | Total fat: 6 g | Saturated fat: 1 g | Sodium: 366 mg | Cholesterol: 0 mg | Total carbs: 50 g | Fiber: 13 g
Sugars: 122 g | Protein: 33 g | Potassium: 592 mg

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