

village health clinic

naturopathic medicine & midwifery care

Chocolate Peanutbutter Monkey Shake

This refreshing milkshake makes the most of a delicious trio of flavors: chocolate, peanut butter and bananas.

Ingredients

2 cups chocolate soymilk
2 tablespoons smooth peanut butter or almond butter
1 banana
4-6 ice cubes
1 tablespoon flaxseed oil

method

Put all ingredients into a blender and blend at high speed until smooth. Pour in a tall glass and enjoy.

Serves 2