

Recipe Name: Chocolate Banana Smoothie Bowl Recipe

Diet Type:

Course: World Breakfast

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 3 Ripe Bananas - chopped into chunks	2
• 1 cup Milk	
• 2 tablespoons Peanut Butter	
• 2 tablespoon Instant Oats (Oatmeal)	
• 1 tablespoon Cocoa Powder	
• 4 Dates - pitted and chopped	
• 4 tablespoons Walnuts - chopped	
• 1 Ripe Bananas - sliced	
• 1/4 cup Wheat Bran	
• 2 tablespoons Cranberries - or raisins	

Preparation

- Blend well to make a smooth puree.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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