

## Smoothie-Chocolate Peanut Butter Banana

- 2 cups skim milk
- ½ cup chocolate syrup or sweeten chocolate milk powder
- 1 banana (frozen works best, freeze without skin)
- ½ cup peanut butter
- 2 Tbsp. Xagave or honey
- 2-3 cups ice cubes

Place all ingredients into the RPM Professional Blender and use the jog switch to start then bump up to higher speed until blended (about 30 to 45 sec.)

Variations:

Put some chocolate or caramel syrup in with smoothie

Use Greek style yogurt and save some calories (need more ice)

Add blueberries

Add Granola or oats