

Chocolate Peanut Butter Banana Milkshake (vegan) ~ The Detoxinista

INGREDIENTS

Makes about 2 servings

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2 frozen bananas

3/4 cup almond milk (homemade or store-bought) **Sarah's Note:** We use about 1 ½ cups and make 2 big shakes 😊

1 Tablespoon pure maple syrup (optional)

2 Tablespoons cocoa powder

1/4 cup natural peanut butter

pinch of sea salt

1 teaspoon vanilla extract

7 ice cubes (about 2 handfuls)

DIRECTIONS

Throw all the ingredients into a high-powered blender, and blend until smooth and creamy.