

Chocolate Banana Smoothie Recipe: A Creamy and Healthy Drink

This chocolate banana smoothie stands out for several reasons:



TIME
10 min

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INGREDIENTS

- 2 ripe bananas
- 2 tablespoons unsweetened cocoa powder
- 1 cup almond milk (or any milk of your choice)
- 1 tablespoon honey or maple syrup (optional)
- 1/2 teaspoon vanilla extract
- Ice cubes (optional, for a thicker texture)

DIRECTIONS

- 1. Prepare the : Bananas:** Peel the ripe bananas and break them into chunks. The riper the bananas, the sweeter your smoothie will be.
- 2. Add : Ingredients to Blender:** In a blender, combine the banana chunks, cocoa powder, almond milk, honey (if using), and vanilla extract. If you prefer a thicker smoothie, add a handful of ice cubes.
- 3. Blend : Until Smooth:** Blend on high speed until all ingredients are well combined and the mixture is creamy. Stop to scrape down the sides if necessary.
- 4. Taste and : Adjust:** Taste your smoothie and adjust sweetness if needed by adding more honey or maple syrup. Blend again briefly to mix.
- 5. Serve : Immediately:** Pour the smoothie into glasses and enjoy immediately for the best flavor and texture.

TIPS FOR SUCCESS

Frozen Bananas: For an even creamier texture, use frozen bananas instead of fresh ones.

Just peel and freeze them in advance.

Add Spinach: Sneak in some greens by adding a handful of fresh spinach.

It won't alter the taste but will boost the nutritional value.

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Original recipe: <https://chefmaniac.com/chocolate-banana-smoothie-recipe-a-creamy-and-healthy-drink/>