

After School Chocolate Banana "Milkshakes"

INGREDIENTS

- $\frac{3}{4}$ cup milk of choice (dairy or non-dairy)
- $\frac{1}{2}$ frozen banana
- 1 scoop Beam Kids Chocolate Powder
- 3-4 frozen milk ice cubes (made by freezing milk in an ice cube tray)

Optional Add-Ins:

- 1 tablespoon peanut butter, or
- 1 tablespoon powdered peanut butter

DIRECTIONS

1. Add milk, frozen banana, Beam Kids powder, and frozen milk cubes to a blender.
2. If using, add peanut butter or powdered peanut butter.
3. Blend on high until smooth and creamy.
4. Pour into a cup and enjoy right away!