

# RECIPE

# Peanut Butter Power Shake

MAKES: 2 SERVINGS

## INGREDIENTS

2 small, ripe (but not squishy!) bananas  
1 ½ cups milk or almond milk (see Note)  
1 tablespoon plus 1 teaspoon creamy, unsweetened peanut butter  
1 tablespoon plus 1 teaspoon honey  
2 teaspoons unsweetened cocoa powder  
A pinch of coarse salt  
10 ice cubes

## Note

If you prefer a thicker shake, start with 1 cup milk and add more if needed.



Chocolate, peanut butter, banana? Yes! The only question is, frozen or fresh? It's true that frozen bananas give shakes a more ice-creamy texture. But in the freezer, bananas and other fruit can lose a lot of flavor and even pick up some funky aromas. So I always vote for fresh when available, and use ice cubes to make it cool and creamy. If you're a frozen-banana fan, use only three ice cubes and adjust the amount of milk to make the shake as thick as you like.

## PREPARATION

1. Peel the bananas and break them in two.
2. In a blender, combine the bananas, milk, peanut butter, honey, cocoa powder, and salt, then add the ice cubes. Make sure the top of the blender is on and tightly fastened. Blend, starting on low speed and gradually working up to the highest setting. Count to 20, turn off the blender, and use a spoon to check the consistency.
3. The shake should be thick and smooth, with no pieces of ice rattling around and no streaks of peanut butter. If needed, close the lid tightly and blend again for another 20 to 30 seconds.
4. Pour into tall glasses and drink immediately.