

Chocolate Banana Smoothie

An 'After School Club Healthy Snack' Recipe

Recipe provided by Holistic Nutritionist Sarah Green

10 Scoops	Chocolate Protein Powder (Natural Factors (tm) Whey Factors High Protein Formula Double Chocolate 100% Natural Whey Protein is a good choice)
2 trays	Ice Cubes (add more if too thin)
8 cups	Water (add more if too thick)
8 cups	SILK (tm) brand Chocolate Soy Milk
10	Bananas, cut into chunks

Blend together in electric blender.

