

Chocolate Lava Shake for One



Ingredients

- 1 Banana – Sliced into 2-Inch Sections
- 1 Scoop Sunshine in a Bag Vanilla Shake Mix
- 1/4 teaspoon Cinnamon
- 1 Tablespoon Cocoa Powder
- 1/4 cup Yogurt – Greek Style that is Thick, Non-Flavored
- 2 Tablespoon Chocolate Syrup
- 3 Tablespoon Peanut Butter
- 1/2 cup Almond Milk
- 1 cup Ice Cubes

Instruction

1. Put all the ingredients in order – Place the banana on the bottom, then Sunshine in Bag Vanilla Shake Mix, cinnamon, cocoa powder, yogurt, chocolate syrup, peanut butter, and milk. Add the ice last. (By having the banana on the bottom, the beater blades cut it up and mix the soft ingredients faster in the blender. Then the frozen and more solid items mix down with the soft ingredients.)
2. Start the blender on a lower speed for a few seconds, about 15 seconds. Then turn the speed to high and mix until everything is smooth, about another 15 seconds. If you have a modern blender, just use the Smoothie function.
3. If the shake is too thick, then just add a little more milk. It is your shake, make it to the consistency that you enjoy.
4. Pour into your favorite glass and enjoy.