




## EYORE'S CHOCOLATE BANANA SMOOTHIE

Eeyore and other low-energy kids will pick up their pace with a smoothie that combines bananas for their rich, creamy texture and chocolate for its – well, you know – chocolatey great taste!



### Ingredients:

-  3 cups low-fat chocolate milk
-  2 bananas
-  3 cups ice

### Directions:

1. Place all ingredients in a blender and blend until smooth.  
Optional: Garnish each glass with a sliver of banana.

Makes 4 to 6 servings.

**REMINDER TO SELF:** Ask parents if children have any food allergies!

