



Cocoa-Peanut Butter-Banana Smoothies

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



306 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 small banana sliced
- ☐ 1 cup kellogg's® cocoa cereal cocoa puffs® crushed
- ☐ 1 cup chocolate milk
- ☐ 0.3 cup creamy peanut butter
- ☐ 3 ice cubes
- ☐ 1.5 cups vanilla yogurt fat free 99% yoplait® (from 2 lb container)

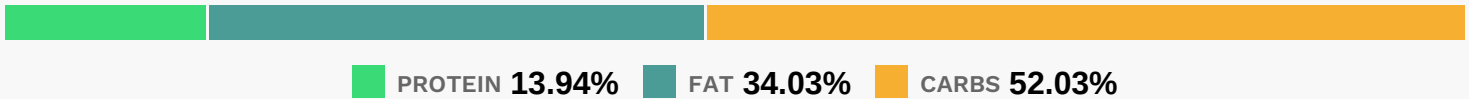
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients except cereal in blender. Cover; blend on high speed about 30 seconds or until smooth.
- ☐ Pour into 4 glasses.
- ☐ Sprinkle with cereal.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.94, Glycemic Load:8.06, Inflammation Score:-6, Nutrition Score:15.086956687596%

Flavonoids

Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 305.65kcal (15.28%), Fat: 12.14g (18.68%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 41.76g (13.92%), Net Carbohydrates: 38.66g (14.06%), Sugar: 29.84g (33.16%), Cholesterol: 12.09mg (4.03%), Sodium: 219.1mg (9.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.19g (22.39%), Vitamin B2: 0.5mg (29.27%), Phosphorus: 272.91mg (27.29%), Calcium: 271.15mg (27.11%), Vitamin B6: 0.49mg (24.49%), Manganese: 0.46mg (22.89%), Vitamin B3: 4.32mg (21.61%), Vitamin B12: 1.2µg (19.95%), Zinc: 2.76mg (18.37%), Folate: 70.5µg (17.62%), Magnesium: 69.13mg (17.28%), Potassium: 601.8mg (17.19%), Vitamin B1: 0.23mg (15.04%), Fiber: 3.1g (12.4%), Iron: 2.13mg (11.82%), Vitamin E: 1.64mg (10.96%), Vitamin B5: 1.07mg (10.66%), Selenium: 7.44µg (10.63%), Vitamin C: 7.69mg (9.32%), Copper: 0.17mg (8.73%), Vitamin D: 1.15µg (7.64%), Vitamin A: 299.76IU (6%)