

Creamy chocolate shake



Contributed by [Allison Collins, MD](https://about.kaiserpermanente.org/total-health/food-for-health/contributors/allison-collins-md)
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My kids and entire family enjoy this rich, creamy, and satisfying treat. It's a great afternoon snack as it packs in some nutrition from the dates, bananas, and nuts. You can use a different nut butter or even sunflower seed butter to accommodate tastes and allergies. Freeze any extra in homemade ice pop molds to make your own fudge bars!

Servings: 2

Ingredients

- 1 frozen banana
- 1 1/2 tablespoons high-quality dark cocoa powder
- 1 date
- 1/2 teaspoon vanilla extract
- 1/3 cup almond milk

2 teaspoons almond butter (or peanut butter)

2 to 4 ice cubes

Directions

Blend and enjoy! To make these into fudge bars, pour mixture into a frozen pop mold and freeze.

Nutrition Information (per serving)

Calories: 140

Total fat: 4.5 g

Saturated fat: 0.5 g

Cholesterol: 0 mg

Sodium: 50 mg

Total carbohydrate: 27 g

Dietary fiber: 4 g

Sugars: 17 g

Protein: 3 g