

Chocolate Banana Protein Smoothie

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Serves: 1

Prep: 5 minutes

Cook: 15-20 minutes (if using dry lentils)

INGREDIENTS

- 1 banana, frozen
- ½ cup red lentils, cooked
- ½ cup nonfat milk
- 2 teaspoons unsweetened cocoa powder
- 1 teaspoon pure maple syrup

DIRECTIONS

Canned lentils:

- Drain and rinse canned lentils to remove excess salt before using. Canned lentils are fully safe to eat without further cooking.

Dry lentils:

- Rinse lentils and remove any shriveled lentils or pebbles. Combine 1 part lentils with 2 parts water in a saucepan. Bring to a boil over medium-high heat. Reduce heat and simmer, uncovered, for 15-20 minutes or until tender. Let cool before adding to smoothie.
1. Combine banana, lentils (as however prepared by the above options), milk, cocoa and syrup in a blender. Blend until smooth.



Nutrition Information	
<i>Serving Size: 1</i>	
Calories	310
Total fat	2 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	3 mg
Sodium	57 mg
Carbohydrates	64 g
Fiber	9 g
Sugars	25 g
Protein	15 g

Recipe adapted from:
Eatingwell.com