

# Banana Chocolate Smoothie

SERVES 1-2

This creamy, chocolatey smoothie tastes so rich and delicious, you'll forget how healthy it is.

## Ingredients

1 frozen banana, cut into chunks before freezing

1 /3 cup frozen blueberries

2 Tbsp unsweetened cocoa powder

1 Tbsp ground flaxseeds

A 1 to 1.5- inch piece of vanilla bean, split and scraped (or 1 tsp extract)

1 Tbsp almond butter

1-2 pitted dates (optional)

1 cup raw spinach leaves

3-4 ice cubes (optional)

1 cup water

## Directions

Combine all ingredients with 1 cup water in a high-speed blender, blend until thick and smooth. For a thinner texture, add less ice (if using) or more water. Serve immediately.

*Recipe courtesy of The How Not to Die Cookbook by Dr. Michael Greger*

*My name is Michelle Joy Kramer, and I am a board-certified Holistic Health Practitioner and Integrative Nutrition Health Coach. I assist individuals and corporate teams in achieving their optimal health through healthy lifestyle choices regarding nutrition, exercise, spirituality, relationships, and careers. Learn more about my programs and how we can work together by contacting me at [michelle@michellejoykramer.com](mailto:michelle@michellejoykramer.com) or by visiting [michellejoykramer.com](http://michellejoykramer.com)*

michellejoykramer  
health coach

