

# Cocoa Walnut Banana Smoothie

**Yield: 3 servings**

## Ingredients

½ cup walnuts  
2½ tablespoons cocoa powder  
2 to 3 bananas  
½ teaspoon cinnamon  
2 tablespoons coconut flakes  
(sweetened)  
2 tablespoons chia or flax seeds  
½ cup spinach or baby spinach  
leaves  
1½ cups almond or soy milk  
1 cup ice

## Instructions

1. Place all ingredients in blender. Cover blender with lid.  
Blend until smooth or desired consistency.

## Nutrition Information

**Serving Size: 8oz**

Calories: 316  
Total Fat: 20 g  
Unsaturated Fat: 15 g  
Monounsaturated Fat: 3 g  
Polyunsaturated fat: 12 g  
Sodium: 93 mg  
Total Carbohydrate: 35 g  
Dietary Fiber: 10 g  
Sugars: 15 g  
Protein: 7.5 g

Source: Jenise Kanzlirschova of Spectrum Health  
Meheny Bistro and Waterfall Cafe

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Presented by  
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