

# NibMor Drinking Chocolate Banana Smoothies

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-mexican-drinking-chocolate-recipe>

## Ingredients:

- 2 bananas peeled and cut into 1" chunks
- 2 cups baby spinach
- 1 cup plain greek yogurt
- 1 cup whole milk
- 1 package drinking chocolate NibMor
- ice optional - will make a frozen drink

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 10 milligrams
4. Fat: 5 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 45 milligrams
9. Sugar: 16 grams

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