

# Summer Cool-Down Smoothie

Adapted from: Ashley McLaughlin (*Edible Perspective*)

**Prep time:** 5 minutes

**Cook time:** N/A

**Total time:** 5 minutes

**Serves:** 1



## Ingredients

1 cup milk of choice  
1 ½ frozen bananas  
1-2 cups ice  
1 tbsp. raw cacao beans

1 tsp. peanut butter  
½ tsp. cinnamon  
½ tsp. pure vanilla extract

## Instructions

1. Blend all ingredients until smooth and enjoy!