



Chocolate Covered Banana Smoothie

1 cup low-fat milk
1 small banana
2 tablespoons instant chocolate pudding mix
6 ice cubes

Directions:

1. Add the milk, banana, and ice to a blender
2. Blend on high 30 seconds or until all the ice is finely chopped.
3. Add the instant chocolate pudding mix and blend on high 30 seconds or until creamy.
You did it! Yum!