

Banana Cocoa Delight

A diabetic-friendly recipe

Ingredients:

- 2 cups fat-free milk
- 1 banana, peeled and frozen
- 3 tablespoons unsweetened cocoa powder
- 2 tablespoons honey
- 1 teaspoon vanilla
- 1/2 cup ice cubes



Directions

1. Place all ingredients in a blender.
2. Cover and blend on high until smooth.
3. Equally divide among 4 glasses and serve.

Makes 4 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.