

## **Food Truck Lab # 4 - Thursday 1/16/2020**

### **CHOCOLATE PEANUT BUTTER BANANA OATMEAL SMOOTHIE**

#### **INGREDIENTS**

- 2 bananas, frozen
- 2 cups milk of choice
- 1/3 cup old-fashioned rolled oats
- 4 tablespoons (Tbl) natural peanut butter
- 2 tablespoons (Tbl) cocoa powder
- 1 teaspoon (tsp) Chocolate chips, per serving for a garnish

#### **INSTRUCTIONS (head chef measures out ingredients, sous chef blends and garnishes)**

1. Place all measured ingredients in a blender. Blend until smooth, adding more liquid if needed.
2. Pour into cups.
3. Sous chef garnishes cup with the chocolate chips and adds straw
4. Class host takes out to the table