Chocolate Banana Nut Shake Recipe



This chocolate banana nut shake is a great recipe for quick breakfast. I love milk shake and smoothies as they are rich, delicious and healthy. I have previously shared some recipes like anti-aging berry medley smoothie, strawberry banana

smoothie, avocado milk shake. After my workout, when I get home, I will make some smoothie or milk shake to drink. Yesterday I made this chocolate banana shake with walnuts. Oh my, it was so good & yummy. Try this easy chocolate banana nut shake at home and let me know how it turned out.

How to Make Chocolate Banana Nut Shake Recipe


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Ingredients for Chocolate Banana Nut Shake Recipe

Preparation Time : 2 Mins Grinding Time : 2 mins Serves:1

• 1 Small Banana

• 1/2 Cup 2% Milk

• 2-3 Tsp of Cocoa

• 2 Tsp of Sugar or to taste

• 3/4 Tsp of Vanilla Extract

• Few Walnuts pieces

• Chocolate Shaving to garnish

Method for Chocolate Banana Nut Shake Recipe

• Combine banana chunks, milk, cocoa, vanilla extract and sugar in a blender and blend until everything mixed together. Make sure there are no lumps in it.

• Taste the shake, if desired add extra tsp of sugar and blend again.

• Pour the shake into serving glass and nuts, mix well with spoon. Garnish with chocolate shavings and sliced banana.



Tags: Chocolate Banana Nut Shake Recipe, chocolate banana shake, chocolate shake, chocolate milk shake, banana chcocolate shake, how to make Chocolate Banana Nut Shake Recipe, prepare Chocolate Banana Shake, milk shake recipe, breakfast drink recipe, after workout milk shake

Avocado Milk Shake Recipe / Butter Fruit Milk Shake

I love avocado..In India, they are called Butter fruit. I usually make guacamole, guacamole sandwich, avocado pasta with avocado. But yesterday I tried avocado milk shake recipe / Butter fruit milk shake they are so creamy, yummy and tasty. The creaminess of avocado blends so perfectly with milk. You can also condensed or evaporated milk to make avocado milk shake. To make vegan version of milk shake, add coconut milk or almond milk. Try this amazing milk shake with avocado for summer and enjoy.



Preparation Time : 10 mins

Cooking Time : 5 mins

Serves : 2-3 people

Ingredients for Avoacado Milk Shake

- 1 Big Ripe Avocado
- 1 Cup of Milk
- 2 Tsp of Honey
- 4-5 Tbsp of Sugar
- 1/2 Cup of Ice Cold Water
- Few Pomegranate Seeds to garnish

Method

- Slice the avocado and scoop the flesh and add all the ingredients to the blender.
- Blend it to smooth consistency..
- Transfer them to a glass and serve immediately.

Tips

- You can use coconut milk or almond milk for vegan version.
- You can skip honey and add sugar alone or use agave.