

# Chocolate, Banana, Hazelnut Smoooooothie

- 1 cup milk, (dairy, almond, cashew, soy, coconut)
- 1 cup ice cubes
- 2 tablespoons cocoa powder, unsweetened
- ½ cup hazelnuts, roasted unsalted
- ½ cup banana, 1 frozen banana
- 4 teaspoons honey, or maple syrup
- ¼ teaspoon hazelnut extract, optional

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Last update: **2024/07/07 16:03**

