

BY ELISA GIULIANO

Black & White Smoothie

INGREDIENTS

- 2 bananas
- 70 g of almonds
- 70 g of dark chocolate
- 120 g of yogurt

RECIPE

Grate the dark chocolate, chop the almonds, in the meantime add in the blender first the yogurt then the bananas, the dark chocolate, the almonds and the ice.

Pour into the tumbler, sprinkle with cocoa and put the straw.