

## Chocolate Banana Smoothie

*If your throat and mouth are sore, this makes a nutritious in-between-meals snack.*

1 frozen banana, broken into pieces 6 ounces fortified cocoa or carob-flavored soy milk Large pinch of cinnamon

In a blender, layer banana, soy milk, and then cinnamon. Process until smooth. Drink immediately.

Serves 1