



# DISHING IT UP WITH DANA

## Chocolate, Peanut Butter, Potato Energy Smoothie is Sweet!

Easy-to-make breakfast drink combines right amount of sweetness with nutritional benefits of potatoes

Column and photos by Dana Rady, Wisconsin Potato & Vegetable Growers Association

School is officially back in session for another year, and at the time I'm writing this article, the "Rowdy Rady Piper Boys" (as Eric and I lovingly call them) are officially beginning their second week of 6th and 4th grades, respectively. Time sure is a thief!

The nice thing about them getting a little older, however, is a greater level of independence.

At times, they welcome their independence with open arms and even ask for more. Other times,

they roll their eyes at the thought of greater levels of responsibility, like folding their own clothes, making their own lunches and helping to get their little sister ready for the day. Fellow parents, can you relate?

Griffin and Easton have, however, found a renewed way to enjoy making their own breakfast with a new smoothie recipe on the docket.

Enter "Chocolate, Peanut Butter, Potato Energy Smoothie" for the win!

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### INGREDIENTS:

#### Chocolate, Peanut Butter, Potato Energy Smoothie

- 3/4 cup 1% milk
- 1/2 banana
- 1/2 medium cooked russet potato with skin (1/2 cup chopped)
- 1 Tbsp. cocoa powder
- 1 Tbsp. natural peanut butter (or almond butter)
- 1 Tbsp. pure maple syrup
- 1/2 cup ice cubes (4-5 cubes)



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Boil some potatoes the night before or use leftover baked potatoes and you have yourself an easy-to-make breakfast smoothie for those mornings on the go!

What I (and my family) love about this smoothie is that it's got just the right amount of sweetness combined with healthy fats. I even enhanced the protein a bit by adding a scoop of vanilla protein powder. Since my protein powder has a small amount of sugar in it, I refrained from adding the maple syrup.

The crazy part is that if someone made this for you and asked you to

try it, I'd put money on the fact that you'd never mention "potatoes" as an ingredient. So, it's a great way to get the nutritional benefits potatoes naturally provide while also giving your body what it needs to be its best throughout the day.

### DIRECTIONS

Place all ingredients in a blender and blend at least one minute or until the ingredients are completely combined and the smoothie is creamy.

Top with sliced banana, drizzled peanut (or almond) butter, and whipped cream. **BCT**



The Rady boys' favorite part of cooking is taste testing! Pictured from left to right are Griffin (11), Easton (9), and their mom.

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