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***If Veterans don't help Veterans, who will?***

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## Mocha Smoothies

- 1 Cup fat-free milk
- 1 Medium banana, peeled, cut into 1/2-inch slices, and frozen
- 1 – 2 Tablespoons sugar or honey
- 1 Tablespoon unsweetened cocoa powder
- 2 Teaspoons instant coffee crystals
- ½ Teaspoon vanilla
- 1 Cup small ice cubes or crushed ice..

1. In a blender combine milk, banana, sugar, cocoa powder, coffee crystals, and vanilla. Cover and blend until smooth. Add ice cubes. Cover and blend until nearly smooth.
2. 2Makes 2 servings

