

# BLACK FORREST SMOOTHIE

By Good Chef Bad Chef



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**Preparation :** 5 min - **Resting :** - - **Cooking :** - - **Equipment :** -

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## **Ingredients :** 2

- 2 ripe bananas, peeled - ½ cup full cream milk - 1 cup cherries pitted (fresh) - or drained (tinned) - 2 tablespoons strawberry jam - 1 tablespoon drinking chocolate - 1 tablespoon cocoa - ¼ teaspoon cinnamon
  - 1 ½ cups ice cream - 2 tablespoons whipped cream for garnish - Pinch cinnamon for garnish
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1. Put the ripe bananas, drinking chocolate, cocoa, cinnamon, strawberry jam, pitted cherries, and ice cream into the Cook Expert metal bowl.
2. Place the glass lid on the metal bowl then lock it into place.
3. Choose Blender from the menu and press OK. Then select the Smoothie function and press OK. Press Auto to start the preset 60 second cycle.
4. Press STOP 30 seconds into the cycle and pour the milk through the top chute and replace cap lid. Press AUTO to restart cycle.
5. When cycle is complete take off the glass lid and unlock the bowl. Pour directly into two glasses from the metal bowl.
6. Garnish with two tablespoons of whipped cream and cinnamon.

## **Chef's tip :**

Makes 2 x 400ml smoothies.

Video and recipe by Good Chef Bad Chef

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