

Vegan Chocolate Milkshake

Easy 5-minute vegan chocolate milkshake made with frozen bananas, cocoa powder, and plant-based milk.
Creamy, dairy-free, and naturally sweetened!

5 min

PREP

5 min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

Ingredients

- 3 banana
- 3 cup almond milk
- 1 tbsp cocoa powder
- 1 tbsp maple syrup
- 1 tsp vanilla extract

Instructions

- 1 Add 3 frozen bananas, 1 cup plant-based milk, 1 tablespoon cocoa powder, 1 tablespoon maple syrup, and 1 teaspoon vanilla extract to a high-speed blender.
- 2 Blend on low speed for 30 seconds to break up the frozen banana pieces.
- 3 Increase to high speed and blend for 60-90 seconds until the mixture is completely smooth and creamy with no visible banana chunks.
- 4 Stop blender and check consistency - if the milkshake is too thick to pour easily, add 2-4 tablespoons additional plant-based milk and blend for 15 seconds more.
- 5 Taste and add more maple syrup if you prefer a sweeter milkshake, blending briefly to incorporate.
- 6 Pour immediately into 2 chilled glasses and serve right away for the best thick, creamy texture.

Tips

Freeze bananas overnight for the best texture - very ripe bananas with brown spots work best for maximum sweetness and creaminess.

Start with less milk than you think you need, then add gradually until you reach the perfect consistency.

Use high-quality unsweetened cocoa powder for the richest chocolate flavor - Dutch-processed cocoa creates an especially smooth taste.

Chill your glasses in the freezer for 15 minutes before serving to keep the milkshake colder longer.

Add a pinch of sea salt to enhance the chocolate flavor and balance the sweetness.

For extra thickness, substitute half the milk with canned coconut cream or add a scoop of vegan vanilla ice cream.

Blend on low speed first to break up the frozen bananas, then increase to high speed for the smoothest texture.

Taste and adjust sweetness before serving - banana ripeness varies, so you may need more or less maple syrup.