

Chocolate Banana and Peanut Butter Protein Shake

Prep time 2 mins
Cook time 2 mins
Total time 4 mins

This is one of our favorite protein shakes. It's super yummy, filling and full of protein!

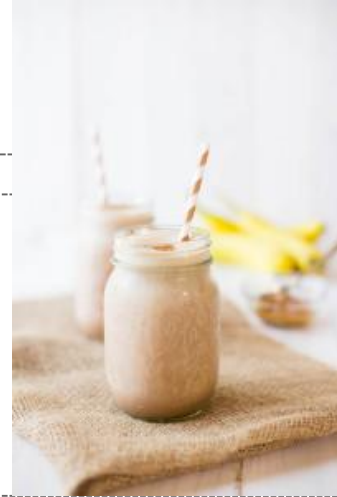
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Recipe type: Easy

Serves: 1 shake

Ingredients

- 1 cup almond milk
- 1 tbsp. creamy peanut butter
- 1 ripe banana, broken into large chunks (can be frozen)
- ¼ tsp. ground cinnamon
- 1 scoop chocolate whey protein powder
- 5-10 ice cubes, depending on how thick you like it
- optional: 1 tsp. honey



Instructions

1. Add all ingredients in blender, starting with the almond milk.
2. Blend until smooth.
3. If too thick, add more milk. If too thin, add some more ice.

Nutrition Information

Serving size: 1 shake Calories: 450 Fat: 19.7g Saturated fat: 1.8g Carbohydrates: 39.9g
Sugar: 19.3g Sodium: 49.9mg Fiber: 7.4g Protein: 39.7g Cholesterol: 0g