

Peanut Butter Chocolate Protein Shake

Serves: Serves 1

Ingredients

- ½ ripe banana
- ½ cup (120ml) whole milk (or other milk of your choice)
- 2 tbsp [powdered peanut butter](#)
- 2 tbsp [rolled oats](#)
- 1 tbsp [chia seeds](#)
- 1 tbsp [organic cacao powder](#)
- 1 scoop (30g) [chocolate flavored whey protein powder](#)
- 8-10 ice cubes

Instructions

1. Combine all the ingredients in the container of your blender and process on high speed until smooth and creamy.
2. Serve immediately.

Nutrition Facts	
Serving Size 309 g	
Amount Per Serving	
Calories 339	Calories from Fat 55
% Daily Value*	
Total Fat 6.1g	9%
Saturated Fat 2.1g 11%	
Cholesterol 10mg	3%
Sodium 195mg	8%
Potassium 607mg	17%
Total Carbohydrates 35.4g	12%
Dietary Fiber 4.2g 17%	
Sugars 12.9g	
Protein 43.0g	
Vitamin A 1%	Vitamin C 9%
Calcium 16%	Iron 8%
* Based on a 2000 calorie diet	

Notes

If your blender isn't the best at pulverizing ice cubes, sub a frozen banana for the fresh one and omit the ice cubes.