

# The Best Tasting Protein Shake Ever

- 1 banana, frozen
- 1 rounded scoop protein powder
- 1 TB peanut butter
- 1 cup unsweetened almond milk



## Instructions

Place all ingredients into a blender in the order listed. Blend on high until smooth (30-60 seconds depending on how powerful your blender is).

For protein powder, I use *Optimum Nutrition 100% Whey Gold Standard, Extreme Milk Chocolate, 2 Pound*

\*Remove the peel from ripe bananas (with a few spots is the best) and lay them out on a cookie sheet. Stick the cookie sheet in your freezer. Once the bananas are frozen, pop them into a freezer ziploc bag.

\*This shake is meant to be a meal replacement. 360 calories isn't exactly low, but it is a solid number for a meal when it comes to weight loss.

\*There is research that supports both eating the shaking before your workout as well as after. You have to do your own research and make your own decision as to what will work best for you.

\*I use unsweetened almond milk because it is low in calories and I'm trying to lose weight as well as build muscle. You can use cow's milk, but note that 2% will result in an additional 90 calories.

\*Sometimes I add in 1 TB of nutella when I feel like I really deserve an extra treat. Note that this adds an additional 100 calories.