

Protein Shake Smoothie

- 1 tbsp Ultimate Oil blend
- 1 Banana, peeled
- 150g Yogurt (dairy or dairy-free)
- 250ml Almond Milk
- 1 tbsp Peanut Butter
- 1 tbsp Chia Seeds, soaked for at least 20 minutes
- 1/2 tsp Cinnamon
- 50g Protein Powder

Add all the ingredients to a blender and blend until smooth