



CHOCOLATE PEANUT BUTTER PROTEIN SMOOTHIE

INGREDIENTS

ITEM

Unsweetened Almond Milk
Protein Powder (Chocolate or Vanilla)
Peanut Butter
Frozen Banana
Cocoa Powder
Ice

QUANTITY

1 Cup
1 Scoop
1 Tbsp.
 $\frac{1}{2}$
1 Tsp.

SERVING SIZE

1

PREPARATION

- Add almond milk to a blender first to help blending.
- Add protein powder, peanut butter, frozen banana, cocoa powder, and ice.
- Blend on high for 30–60 seconds until completely smooth and creamy.
- Check texture—add more almond milk if too thick or more ice if too thin.