

Chocolate Banana Protein Smoothie

American

Ingredients:

- * 1/2 medium Frozen banana (sliced)
- * 1 cup Unsweetened almond milk
- * 1 scoop Chocolate Protein Powder
- * 1 cup Ice cubes + water



Instructions:

1. Add almond milk, frozen banana, protein powder, and ice to a blender.
2. Blend on high until smooth and creamy.
3. Adjust thickness by adding a splash more almond milk if needed.
4. Pour into a glass and serve immediately.

Notes:

Use a ripe banana for best natural sweetness.

Servings: 1 | Serving size: 14 oz | Calories: 205 | Protein: 26g