



## INGREDIENTS

- Vitalura Labs Chocolate Gelato Plant Based Protein, 1 scoop
- Banana, 100 g
- Peppermint extract, ¼ tsp
- Candy cane for garnish
- Whipped cream or mini marshmallows for garnish, 4 Tbsp.
- Ice, handful

## YOU'LL NEED

Blender

## DIRECTIONS

In a blender, blend ice, protein powder, banana, peppermint extract and almond milk until smooth.

Pour into a glass and garnish with candy cane and whipped cream.

*Enjoy!*

## NUTRITION (INCLUDING CANDY CANE)

Calories: 304 | Protein: 26 g | Carbs: 41 g | Fats 4 g