Chocolate Banana Shake Recipe

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Chocolate Banana Shake

Feel like you're having a cheat meal with this creamy chocolate banana protein shake. But would a normal cheat meal include a full serving of veggies? This one does!

Prep Time: 5 mins Servings: 1

What You'll Need:

Chocolate Protein Powder	1 Scoop
Banana	1/2 banana
Milk	1/2 Cup
Crushed Ice	1/2 Cup
Field of Greens	1 Scoop

Follow These Simple Steps:

- 1. Place all the ingredients into a blender
- 2. Blend until smooth
- 3. Enjoy!

NOTES:

Cutting back on dairy? Substitute a dairy alternative like almond, coconut, soy, or oat milk.

NUTRITIONAL FACTS

Serves: 1

Calories Per Serving: 236

Based on 2% milk and average chocolate protein powder

Protein	30g
Fat	Зg
Carbohydrates	24g
Sodium	108mg

LET'S SEE YOUR RESULTS! Tag <u>@brickhousenutrition</u> on Instagram!