

## Mocha smoothie bowl

60ml unsweetened almond milk (or use milk of your choice)

100g frozen banana

30g chocolate flavour whey or rice protein powder

4 ice cubes

2 tsp instant coffee dissolved in 1 tbsp boiled water (use decaffeinated if preferred)

80g Greek yoghurt (use dairy free if preferred)

### **for the topping:**

a sprinkle of cocoa nibs

a sprinkle of chia seeds

a sprinkle of finely chopped walnuts

a sprinkle of dark chocolate, finely grated

Serves 1

Per serving:

295 calories

7g fat

26g carbs

32g protein

Place the smoothie bowl ingredients in a blender jug and blend well until smooth and creamy.

If the mixture is too runny, add more ice cubes.

Transfer to a bowl.

Add the toppings and serve.

Consume immediately.

