



Health - Energy - Fitness - Confidence

Chocolate banana milk

120ml unsweetened almond milk

15g chocolate or vanilla flavour whey or rice protein powder (or substitute with 1 tsp maple syrup)

5g oats (use gluten free if preferred)

2g cocoa nibs (optional)

1 heaped tsp cocoa powder (unsweetened)

100g ripe banana

5 ice cubes

Serves 1

221 calories

15g protein

29g carbs

5g fat

Place all of the ingredients in a blender jug. Blend well until creamy. Serve.

Consume immediately.

