

Ingredients

- 1 cup unsweetened almond milk (or any milk of your choice)
- 1 scoop vanilla protein powder
- 1/2 banana
- 1 tbsp oats
- 1/2 tsp ground cinnamon
- 1 tsp honey or maple syrup (optional)

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy immediately.

Macros (per serving, serves 1)

- Calories: 270
- Protein: 24g
- Carbs: 32g
- Fat: 7g

Shopping List

- Unsweetened almond milk (or any milk of your choice)
- Vanilla protein powder
- Bananas
- Oats
- Ground cinnamon
- Honey or maple syrup (optional)