



Chocolate Banana Protein Shake

SIMPLE RECIPE

Ingredients

- 1 scoop of Chocolate Protein Powder ([I use this brand for building muscle, collagen, and protein](#))
- 1/2 cup unsweetened cashew milk, almond milk, or other milk alternative
- 1/2 -1 frozen banana cut up (use green bananas for less sugar content)
- 1/2 cup plain Cashew and Coconut yogurt or Greek yogurt
- 1/2 teaspoon vanilla extract
- 1 tablespoon honey, stevia, or allulose (optional)

Directions

1. Add all ingredients to a blender or [food processor](#)
2. Blend until smooth and creamy.
3. Serve and enjoy!

Notes

Makes 1 serving.
Double recipe to share with friends.



As an Amazon Associate I receive commissions on qualified purchases

Copyright © Limitless Ladies Network LLC | All Rights Reserved | limitlessladiesnetwork.com