



## The Classic Post-Workout Muscle Builder (Chocolate Peanut Butter)

Macros: 245 Calories; 32g Protein; 22g Carbs; 4g Fat

### Ingredients

- 1 scoop (approx. 30g) chocolate whey protein isolate
- 1 cup unsweetened almond milk
- 2 tbsp powdered peanut butter (keeps the flavor high but fats lower than traditional peanut butter)
- 1/2 medium banana, frozen
- 1/2 cup ice cubes

### Directions

- Add the almond milk to your blender first to prevent the powder from sticking to the bottom.
- Add the whey protein, powdered peanut butter, and frozen banana.
- Top with ice and blend on high until completely smooth.