



THE CLASSIC POST-WORKOUT MUSCLE BUILDER

(CHOCOLATE PEANUT BUTTER)

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)
- ½ medium banana, frozen
- ½ cup ice cubes

DIRECTIONS

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