



# Choco-Nut Burst



**2 Servings**



**5 Minutes**

## INGREDIENTS

- 1 Banana: 105 Calories, 1.3 g Protein
- 2 Tablespoons Peanut Butter: 188 Calories, 8 g Protein
- 1 Cup Almond Milk: 30 Calories, 1 g Protein
- 1/2 Cup Greek Yogurt: 65 Calories, 5.5 g Protein
- 1 Tablespoon Cacao Powder: 12 Calories, 1 g Protein
- 1 Tablespoon Chia Seeds: 58 Calories, 2 g Protein

**Total Calories: 458 Calories**

**Total Protein: 18.8g Protein**

## DIRECTIONS

1. Peel the banana and set it aside.
2. Pour 1 cup of almond milk into the blender.
3. Break the banana into smaller chunks and add to the blender.
4. Then add the peanut butter to the blender.
5. Add the cacao powder to the mixture.
6. Sprinkle the chia seeds into the blender.
7. Add the Greek yogurt.
8. Blend all the ingredients on high speed until smooth and creamy for 1 to 2 minutes.
9. Pour the shake into a glass. Add ice if desired.
10. Enjoy your shake immediately as a nutritious and delicious meal replacement.

