



CHOCOLATE PROTEIN SMOOTHIE

Makes 1 serving | Serving size: 1 smoothie

PREP TIME

5 min

COOK TIME

0 min

TOTAL TIME

5 min

We encourage people to get at least 20 grams of protein at breakfast. This delicious, filling smoothie is perfect for breakfast and has a whopping 32 grams of protein! It could also work as a refreshing post-workout snack.

Ingredients

- 1½ cups milk (unsweetened almond)
- 2 scoops chocolate iFit Nutrition protein powder*
- 1 frozen banana
- Ice, if desired



Directions

1. Blend almond milk with vanilla protein powder.
2. Add the banana and cocoa and blend until smooth.
3. If desired, add ice and blend.
4. Enjoy!