


# Nutty Banana Milkshake

 Ready in 10 minutes



Meal Type:  
**SNACK (PROTEIN/FRUIT/FAT)**

Preparation Difficulty:  
**EASY**

Program Phase:  
**ALL PHASES**

Preparation Time:  
**PREP: 10 minutes**  
**COOK: 0 minutes**



## INGREDIENTS ( 1 SERVING):

1 ripe banana

1 tbsp peanut butter

1 cup unsweetened almond milk  
(or another nut milk)

1 scoop (female) or 1 and 1/2  
scoops (male) whey or plant  
based protein powder

1 cup spinach (optional but a  
great way to get in a veggie  
without tasting it!)

3-4 ice cubes (optional)

1. Measure out all ingredients.
2. Add everything to a blender and blend until smooth.
3. Pour in a glass or to go cup and enjoy!  
A smoothie almost as good as a milkshake!



*TIP: FREEZE BANANA THE NIGHT BEFORE SO IN THE MORNING THE SMOOTHIE IS COLD AND FRESH LIKE A MILKSHAKE WITHOUT BEING WATERED DOWN BY ICE*

**#EATGOODFEELGOOD**