

Chocolate Almond Butter Banana Protein Shake

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SHORT STORY

A perfect post-workout meal replacement or satiating snack. It's packed full of clean protein and healthy fats to fill and energize you for the rest of your day.

OATH & GRIND
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**TIME**

3 Min

**SERVES**

1 person

**COOK**

Blender

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INGREDIENTS

- 1 banana
- 1 Tbsp. almond butter
- 1 scoop chocolate protein powder
- 1 large handful of spinach
- 1 handful of ice cubes (about 5 cubes)
- 1 cup unsweetened almond milk
- dash of cinnamon
- 1 Tbsp. chia seeds

INSTRUCTIONS

1. Place all of the ingredients into your blender.
2. Blend until creamy and add more almond milk or ice cubes if needed.
3. Pour into a glass and top with chia seeds.
4. Cheers!