

Chunky Monkey Post Workout Smoothie (Copy)

This smoothie makes a great post workout snack or breakfast on the go. It's high protein, gluten free, plant based and super speedy to make.

🕒 Preparation 5 minutes 🕒 Total 5 minutes 1 portion

Ingredients

or	or
1/2 banana, peeled and roughly chopped	240mls of unsweetened almond milk or equivalent
or	or
1/2 tablespoon of cacao powder	1 scoop (30 grams) of chocolate protein powder
or	or
1 1/2 tablespoons of peanut butter	1 average glass of milk, semi-skimmed, pasteurised, average (200 g)
or	or
1/2 teaspoon of vanilla extract	2 teaspoons of sesame seeds

Cooking method

- 1
Place all of the ingredients into a high-speed blender and blitz until smooth. Serve immediately.