

Chunky Monkey Post Workout Smoothie [Copy] [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

1/2 banana, peeled and roughly chopped

or

1/2 tablespoon of cacao powder

or

1 1/2 tablespoons of peanut butter

or

1/2 teaspoon of vanilla extract

or

240mls of unsweetened almond milk or equivalent

or

1 scoop (30 grams) of chocolate protein powder (Optional)

or

2 teaspoons of sesame seeds

Cooking method

1

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