

Chunky Monkey Smoothie

Servings: 1

Ingredients:

- 1 ripe banana (fresh or frozen)
- 1 scoop vanilla protein powder (Try Vega®)
- 2 tbsp peanut butter powder (Try PB2) or natural peanut butter
- 2 tbsp cocoa powder
- ½ cup- ¾ cup plain yogurt (Try organic or plain Greek)
- ~ ¼ cup milk to make it smooth (Try 1% or almond milk)
- Handful of spinach

Instructions:

1. Blend all ingredients together well.
2. Enjoy!

(continued)

Nutrition Facts:

Calories: 380

Fat: 4g

Sodium: 380 mg

Total Carbohydrates: 49g

Dietary Fiber: 10g

Protein: 54g



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