

Peanut Butter, Banana & Chocolate Protein Smoothie Recipe

This smoothie is loaded with calcium and plant protein. It's also a rich source of gut-healthy probiotics. It tastes great! Kids will love it too!

Ingredients:

1 cup/250ml unsweetened almond beverage
1 scoop/30g unsweetened vanilla protein powder
1 tbsp/15ml pure cocoa powder
½ c/125ml plain Greek probiotic yogurt
2tbsp/30ml all natural peanut butter
1 cup/250ml frozen sliced ripe bananas (1 ripe banana)
½ tsp/2ml pure vanilla bean extract

Method:

1. Place all ingredients in a food processor fitted with metal blade or blender.
2. Process until blended well.
3. Recipe can be easily doubled for two servings.