



VEGAN CHOCOLATE & PEANUT BUTTER PROTEIN SHAKE

Prep 2 min

Mix 2-3 min

Serves 1 person

INGREDIENTS

- 1 Large Ripe Banana
- 4 Essential Pitted Dates (F130Y)
- 1 Tbsp Essential Cocoa Powder (F628Y)
- 1 Tbsp Essential Smooth Peanut Butter (S162P)
- 2 Tbsp Protein Powder (X715P)
- 300ml Milk Alternative (B511P)

METHOD

Pour 200ml of your choice of milk alternative into a blender and add chopped dates, chopped banana, cocoa powder, protein powder and peanut butter. Screw on your lid and blitz for a minute, open and pour in the remaining milk. Blitz for a remaining 2 minutes until smooth.