



# BANANA NUT SHAKE

Aim: This is a great high protein, high carb and low fat post workout snack!

## Ingredients

- 1 scoop protein powder
- 100g frozen banana
- 30g peanut butter powder
- 150ml skim milk

## Directions

READY IN: 2 // SERVINGS: 1

1. Blitz and drink (add ice to make a thicker shake).
2. This will also keep in the fridge overnight for advanced preparation.

Variations to consider: to make this a more substantial shake for breakfast, switch the peanut butter powder for peanut butter and add some oats. For something lower calorie but still focussing on protein and carbohydrates, drop the peanut butter powder.

CALORIES

383

CARBOHYDRATE

42

PROTEIN

45

FAT

4