

Protein Smoothie with Almond Milk, Banana & Whey Protein

Prep Time: 5 minutes | **Cook Time:** 0 minutes | **Servings:** 1

Ingredients:

- 1 scoop whey protein powder (vanilla or chocolate)
- 1 cup unsweetened almond milk
- 1 banana (frozen works best)
- 1 tbsp peanut butter (optional for creaminess)
- ½ tsp cinnamon (optional)

Steps:

1. Add almond milk, banana, whey protein, and peanut butter to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy cold.

Nutrition (approx):

- Calories: 300
- Protein: 27g
- Carbs: 30g
- Fat: 9g
- Fiber: 4g

Tips:

- Add spinach for extra nutrients (you won't taste it).
- Use frozen banana for a milkshake-like texture.