

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Chocolaty Protein Shake

Ingredients:

- Unsweetened chocolate almond milk
- 1 scoop of chocolate RAW protein powder
- 1 banana and/or 2 tbsp peanut butter
- Chocolate stevia to taste (Try 1-2 drops)
- Crushed Ice (or use frozen banana chunks)

Directions:

- Process all the ingredients in a blender.