

Peanut Butter Banana Shake

Protein-loaded breakfast shake¹ for athletes on-the-go.

Nutritional Info (per serving): 308 calories, carbs 40g, fat 12g, protein 13g



Photo by Louis Hansel on Unsplash

Ingredients (serves 1)

1 ripe banana
1 cup of skim milk (or nut milk alternative)
1 tablespoon of nut butter
½ cup of ice
1 teaspoon of cinnamon
Bonus: ¼ cup uncooked spinach

Method

Mix together in blender until smooth.
Serve in a glass.



GALLANACH

¹ Recipe from TrueSport