

Chocolate, Banana, PB Smoothie

3 cups	ice, crushed	6 cups	almond milk, chocolate
2 cups	bananas	6 scoops	chocolate or vanilla protein powder
¼ cup	powdered peanut butter	6 each	hard-boiled egg, whole
1½ cups	yogurt, plain, Greek		



Procedure

- 1 Add all together in a blender, except egg.
- 2 Blend until smooth.
- 3 Serve chilled with 1 each hard-boiled egg per person.

Servings: 6

Nutrition Facts

Serving size: 1/6 of a recipe.

Amount Per Serving	
	% Daily Value
Calories	388
Total Fat 11g	17%
Sodium 477mg	20%
Total Carbohydrates 46g	15%
Fiber 3.5g	14%
Protein 29g	58%

Recipe Type

Breakfast