



✂ Smoothie ⌚ 5 min

Banana and Iced Coffee Protein Shake

Get your day rolling and boost those energy levels with this protein packed shake.

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Place all ingredients in a blender and puree until smooth. Drink immediately.

INGREDIENTS FOR 2 PERSONS

200ml unsweetened almond milk

200ml cold black coffee

1 ripe Chiquita Banana, chopped and frozen

1 scoop of chocolate or vanilla protein powder

8 ice cubes

NUTRITIONAL VALUES PER PERSON

102 kcal Calories

1.7g Fat

0.3g Saturates

15.4g Carbohydrate

7.7g Sugars

1.4g Fibre

7.7g Protein

0.3g Salt