

Banana Chocolate Protein Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Pitted Dates

One serving is equal to approximately two to three dates.

Gluten-Free

Use Gluten-Free oats.

Dairy-Free

Use coconut yogurt instead.

Nut-Free

Use coconut or oat milk instead of almond milk.

More Flavor

Add a pinch of cinnamon.

Make it Vegan

Use a vegan yogurt.

Ingredients

1 cup Unsweetened Almond Milk

1/4 cup Plain Greek Yogurt

1 tbsp Chia Seeds

2 tbsps Hemp Seeds

1/4 cup Oats

1 tbsp Cocoa Powder

1 Banana (frozen)

2 tbsps Pitted Dates