

Protein Shake - Chocolate Flavor

Serving: As needed

Prep/Cook Time: 4 minutes

Ingredients

- 1 ripened banana
- 1/3 cup oats 1 tablespoon hemp seeds
- 1 ½ tablespoon cashew or peanut butter
- 2 cups milk (without sugar)
- Cacao powder according to taste
- 2 pitted dates (if you prefer sweetened drink)

Instructions

1. Place all the ingredients together in a food blender
2. Run the blender until the mixture is smooth, frothy and creamy
3. Add milk if you want to reduce thickness, or add extra cacao powder if you need to make it more chocolaty
4. Serve fresh, or refrigerate after placing in a covered container