

Classic Chocolate Protein Shake Recipe

Description

Ingredients:



- 1 scoop chocolate protein powder (whey or plant-based, depending on your dietary preferences)
- 1 medium banana (fresh or frozen)
- 1 cup almond milk (or any milk of your choice, such as dairy, soy, or oat milk)
- 1 tablespoon peanut butter (or any nut/seed butter)
- Ice cubes (optional, for a thicker, colder shake)
- Optional Add-ins:
 - 1 tablespoon cocoa powder (for extra chocolate flavor)
 - 1 tablespoon honey or maple syrup (for added sweetness)
 - 1/2 teaspoon vanilla extract (for enhanced flavor)

Instructions:

- 1. **Prepare Ingredients**: Gather all the ingredients. If you are using a fresh banana and want a colder shake, you can add a few ice cubes or freeze the banana beforehand.
- 2. **Blend**: In a blender, combine the chocolate protein powder, banana, almond milk, peanut butter, and ice cubes (if using).
- 3. **Optional Add-ins**: If you want to enhance the flavor or sweetness, add cocoa powder, honey/maple syrup, or vanilla extract.
- 4. **Blend Until Smooth**: Blend on high speed until all ingredients are well combined and the shake is smooth. If the shake is too thick, you can add a little more milk to reach your desired consistency.
- 5. **Taste & Adjust**: Taste your shake and adjust sweetness or texture by adding more honey/maple syrup or milk if needed.
- 6. **Serve**: Pour the shake into a glass and enjoy immediately! You can also add toppings like sliced banana, a sprinkle of cocoa powder, or chopped nuts for added flair.

Nutritional Information (Approximate):

• Calories: 350-450 (depending on the ingredients and brands used)

• Protein: 25-30g

Carbohydrates: 30-40g

• Fats: 10-15g

Variations:

- 1. **Mocha Protein Shake**: Replace half of the almond milk with brewed coffee for an added caffeine kick.
- 2. **Chocolate Coconut Shake**: Add 1 tablespoon of unsweetened shredded coconut for a tropical twist.
- 3. Mint Chocolate Shake: Add 1/2 teaspoon of peppermint extract for minty freshness.
- 4. **Chocolate Berry Shake**: Add 1/2 cup of frozen mixed berries for a fruity flavor and added antioxidants.
- 5. Chocolate Cinnamon Shake: Add 1/2 teaspoon of cinnamon for a warm, spicy note.

Feel free to customize the shake with your favorite ingredients or whatever you have on hand! Enjoy your delicious classic chocolate protein shake!

Category

1. High Protein Recipes

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