



## 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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