

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 scoop chocolate protein powder 25 grams
- ¼-½ frozen banana
- 1 cup ice
- 1 Tablespoon chocolate chips I used Lily's dark chocolate chips
- 1-2 teaspoons natural peanut butter use PB2 for less cal
- ½ cup rice Chex cereal
- ½ tsp powdered sugar

INSTRUCTIONS

1. Add almond milk, protein powder, frozen banana and ice to a blender and blend until smooth.
2. Add chocolate chips & blend for a few seconds.
3. Pour into a glass. Top with Chex, peanut butter, more chocolate chips & a sprinkle of powdered sugar.



Muddy Buddy Protein Shake



1 servings



5 minutes

- blender

NUTRITION

Serving: 1shake | Calories: 327kcal | Carbohydrates:
35g | Protein: 25g | Fat: 11g | Fiber: 6g