

Chocolate PB Protein Smoothie Bowl

Web Recipe · Breakfast · Smoothie · GF

450 cal · 30g protein · 50g carbs · 16g fat · 2 servings

Ingredients

- 2 frozen bananas
 - 1 cup frozen cauliflower florets
 - 2 scoops chocolate vegan protein powder
 - 2 tbsp natural peanut butter
 - 2 tbsp cocoa powder
 - 1.5 cups unsweetened soy milk
 - 2 tbsp hemp seeds
 - 2 tbsp granola for topping
 - 1 tbsp cacao nibs for topping
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Instructions

1. Add frozen bananas, frozen cauliflower, chocolate protein powder, peanut butter, cocoa powder, and soy milk to a blender.
 2. Blend on high, using a tamper if needed, until very thick and creamy (thicker than a regular smoothie).
 3. Divide between 2 bowls.
 4. Top with hemp seeds, granola, and cacao nibs.
 5. Eat immediately with a spoon — smoothie bowls don't keep well.
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Generated by Meal Planner · Per serving macros