

Post-Workout Banana Oat Smoothie

Web Recipe · Breakfast · Smoothie · GF

520 cal · 32g protein · 65g carbs · 14g fat · 1 serving

Ingredients

- 1 scoop vegan vanilla protein powder
- 1 medium frozen banana
- 1/3 cup rolled oats
- 2 tbsp almond butter
- 1 tbsp chia seeds
- 1 cup unsweetened soy milk
- 1/2 tsp ground cinnamon

Instructions

1. Add soy milk, protein powder, rolled oats, and cinnamon to a blender.
2. Add frozen banana, almond butter, and chia seeds.
3. Blend on high until completely smooth and creamy, about 90 seconds.
4. Pour into a glass. Best consumed within 30 minutes after workout.

Generated by Meal Planner · Per serving macros