

# Post-Workout Banana Oat Smoothie

Web Recipe · Breakfast · Smoothie · GF

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

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## 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
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## 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.
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Generated by Meal Planner · Per serving macros