

# Chocolate PB Protein Smoothie Bowl

Web Recipe · Breakfast · Smoothie · GF

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

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## 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