

Healthy Elvis Protein Shake

This one is definitely a calorie bomb and not a great choice for someone on a diet. But a thick, rich, chocolatey and peanut buttery shake for someone who needs to slam the calories in!



PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE

Breakfast, Dessert, Gluten Free, Shakes, Snacks



SERVINGS

1 serving

CALORIES

407 kcal

INGREDIENTS

- 1 lg Banana frozen and chopped
- 1/2 scoop [Elevate Chocolate Brownie Protein Powder](#)
- 1 Tbsp Peanut Butter
- 2 Tbsp PB2
- 1 c Vanilla Unsweetened Almond Milk vanilla unsweetened
- 1/4 tsp vanilla extract
- 1 Tbsp Cocoa Powder
- to taste ice + water

INSTRUCTIONS

1. Blend all ingredients in a high powered blender until creamy, adding ice and water to desired consistency.

NUTRITION

Nutrition Facts

Healthy Elvis Protein Shake

Amount Per Serving

Calories 407	Calories from Fat 144
% Daily Value*	
Fat 16g	25%
Carbohydrates 50g	17%
Protein 26g	52%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!