

Chocolate peanut butter protein shake

Ingredients

- 1 Large frozen banana
- 3 Tbs cocoa powder
- 170ml yougurt (Greek or Skier)
- 3/4 cup milk (or veg alternative milk)
- 1 Tbs honey or agave to add sweet (optional)
- 1 Tbs of peanut butter

Method

1. Using a strong blender. Blends all ingredients together till a smooth texture.
2. in case you don't have a frozen banana add ice to the ingredients

28g
protein



Banana Apple Cashew protein shake

Ingredients

- 1 Large frozen banana
- 40g cashews (raw)
- 200ml yogurt (Greek or Skier)
- 200ml milk (or veg alternative milk)
- 1 Tbs honey or agave to add sweet (optional)
- 1 Gala Apple (remove peel)

Method

1. Using a strong blender. Blends all ingredients together till a smooth texture.
2. in case you don't have a frozen banana add ice to the ingredients
3. as option you can add vanilla protein powder to boost your protein levels.

28g
protein



Strawberry shake

Ingredients

300ml yogurt (Greek or Skier)
100ml milk (or veg alternative milk)
200g strawberries (raw or frozen)
1 Tbs honey or agave to add sweet (optional)

Method

1. Using a strong blender. Blends all ingredients together till a smooth texture.
2. in case you don't have a frozen banana add ice to the ingredients
3. as option you can add strawberry protein powder to boost your protein levels.

