

# Creamy Chocolate Breakfast Shake

A creamy vegan chocolate shake with tons of fruit, protein, and rich chocolate flavor. Makes the perfect breakfast, snack, or late-night dessert.

**Author** Minimalist Baker



4.96 from 42 votes

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## PREP TIME

10 minutes

## TOTAL TIME

10 minutes

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**Servings** 2 (shakes)

**Course** Breakfast

**Cuisine** Vegan

## Ingredients

- 2 frozen ripe bananas (chopped prior to freezing)
- 1/3 cup frozen strawberries (or blueberries)
- 2-3 heaping Tbsp cocoa powder
- 2 Tbsp salted almond butter\*
- 1 Tbsp flaxseed meal (*optional*)
- 1.5-2 cups unsweetened vanilla almond milk (sub soy or coconut)
- 1 dash stevia or agave nectar (depending on sweetness of bananas)
- 1/3 cup ice
- 1 big handful big handful of spinach (*optional* // not pictured here)

## Instructions

1. Place all ingredients in a [blender](#) and blend until smooth.
2. If you prefer a more chocolatey shake, add more cocoa powder. If you prefer it sweeter, add more stevia or agave. If you prefer it thinner, add less ice OR more almond milk.

## Notes

\* [Salted Almond Butter recipe](#)

\* Nutrition information is a rough estimate.

## Nutrition (1 of 2 servings)

**Serving:** 1 shakes **Calories:** 312 **Carbohydrates:** 48 g **Protein:** 6.2 g **Fat:** 14 g

**Saturated Fat:** 1 g **Trans Fat:** 0 g **Cholesterol:** 0 mg **Fiber:** 7.5 g **Sugar:** 27 g

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