

Chocolate Peanut Butter Banana Protein Shake

Ingredients

- 2 frozen bananas
- ~1 c cup chocolate milk of choice (or use plain milk and chocolate syrup or cocoa powder)
- 1/4 cup salted peanut butter
- 1 teaspoon vanilla extract
- 1/4 c. silken tofu
- Ice, if desired
- Optional: cinnamon, or chocolate chips for topping

Nutrition Tip: This shake skips the protein powder and uses real food to create a great pre-workout snack or anytime treat, packed with over 20g of protein.



Directions

Blend all ingredients until smooth. Add more liquid if necessary. Serve immediately.

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