

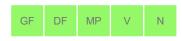
Banana Date Protein Shake

Serves 2

2 bananas, sliced and frozen 4 dates, pitted ¼ cup (75g) almond butter ½ tsp. ground cinnamon ½ cup (125ml) almond milk, unsweetened 1½ tbsp. raw cacao powder

What you need to do

Place all the ingredients into a blender and blend until smooth. Divide between 2 glasses and serve immediately.





Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 min	460	23	66	11

