



# 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

\*Nutrition per serve

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