

CHOCOLATE PEANUT BUTTER PROTEIN SHAKE

Serving: 1
Total time taken: 5 minutes

INGREDIENTS

- 1 cup unsweetened vanilla soymilk
- $\frac{3}{4}$ cup sliced frozen banana
- $\frac{1}{2}$ cup reduced-fat plain Greek yogurt
- 1 tablespoon cocoa powder
- 1 tablespoon natural peanut butter

DIRECTIONS

1. Combine soymilk, banana, yogurt, cocoa powder and peanut butter in a blender; blend until smooth.