



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Chocolate PB & Banana Protein Shake

This Chocolate PB & Banana Protein Shake is a delicious and nutritious way to start your day. It's packed with protein, vitamins, and minerals, making it a great option for vegetarians. The combination of chocolate, peanut butter, and banana creates a rich and creamy flavor that is sure to satisfy your cravings. Whether you're looking for a quick and easy breakfast or a post-workout snack, this protein shake is the perfect choice.

Recipe Type: Vegetarian

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 500 grams

Number of Servings: 1

Serving Size: 500 g

Ingredients

1 scoop chocolate protein powder

1
tablespoon Peanut Butter

1 medium	Banana
1 cup	almond milk
1 cup	ice cubes

Directions

Step 1

Blender

In a blender, combine the chocolate protein powder, peanut butter, banana, almond milk, and ice cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pour into a glass and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 12 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	6 g	15.79%	24%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	12 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	12 g	42.86%	48%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas Easter

Meal Type

Breakfast Snack Brunch Supper

Nutritional Content

Low Calorie Low Fat High Fiber

Course

Appetizers Drinks Salads Snacks Sauces & Dressings

Demographics

Pregnancy Safe

Diet

Vegetarian Diet

Vegan Diet

Gluten-Free Diet

Low Sodium Diet

The Gerson Therapy

The Scarsdale Diet

The Beverly Hills Diet

Difficulty Level

Medium

Visit our website: healthdor.com