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Chocolate Coconut Protein Shake ♦

A delicious and nutritious protein shake made with chocolate and coconut flavors. This shake is perfect for a post-workout recovery or as a quick and healthy breakfast option. It is packed with protein, vitamins, and minerals to fuel your body and keep you satisfied.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 300 grams

Number of Servings: 1

Serving Size: 300 g

Ingredients

1 scoop	chocolate protein powder
1 cup	coconut milk
1 medium	Banana
1 tablespoon	Coconut Flakes
1 cup	ice cubes

Directions

Step 1

Blender

In a blender, combine the chocolate protein powder, coconut milk, banana, coconut flakes, and ice cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Pour into a glass and garnish with additional coconut flakes if desired.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
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	50 mcg	2083.33%	2083.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Raw Food Diet

Ovo-Vegetarian Diet

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Cost

Under \$10

Demographics

Senior Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Breakfast

Lunch

Snack

Difficulty Level

Easy

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