

DESSERT / HIGH PROTEIN



Chocolate Almond Butter Protein Shake with Chia

A thick chocolate shake blended with chia, almond butter, banana, and vegan protein for a sweet dessert-style option.

5 min

1 serving

Dessert

high-protein

quick

sweet

482

Calories / serving

38g

Protein / serving

40g

Carbs / serving

21g

Fat / serving



Ingredients

- 1 cup unsweetened almond milk (240 ml)
- 2 scoops vegan protein powder (48 g)
- 1½ tbsp cocoa powder (7.5 g)
- 1 tbsp chia seeds (12 g)
- 1 tbsp almond butter (16 g)
- 1/2 medium banana (frozen) (59 g)
- 1/4 tsp cinnamon (0.57 g)
- 1/2 tbsp maple syrup (10 g)

Method

- 1 Add all ingredients to a blender and blend until smooth and thick.
- 2 Pour into a cup and enjoy chilled!

RENEE'S NOTE

"If cocoa powder sticks to the blender sides, pause to scrape it down before the final blend so the shake stays smooth."

RENEE'S TWEAK

Load the almond milk nearest the blades, followed by cocoa, chia, and the remaining ingredients so the dry ingredients blend without clinging to the jar.