Sculpt Kitchen

Muscle Monkey

1 serving

Ingredients:

1-2 cups crushed ice
1 cup unsweetened almond milk
1 scp chocolate protein powder (I use BioX Choc/PB Swirl)
1/2 scp banana protein powder (I use BioX)

Off-season add DELICIOUSNESS option

1 tbsp peanut butter

In blender

1. Place all ingredients
2. Blend till smooth consistency

To serve

3. Pour into chilled glass and serve with a reusable straw
4. ENJOY!

Nutrition Facts:

Per serving: 240 calories - 6.5g Fat - 5.5g Carbohydrates - 40g Protein
With off-season add: 335 calories - 14.5g Fat - 8.5g Carbohydrates - 44g Protein

Nutritional information analysed at www.verywellfit.com
For printable versions and more amazing recipes
www.lylasleona.com/kitchen