THE LIGHTER PLATE METHOD

Cocoa Protein Shake

A straightforward chocolate protein shake, finished with a dusting of cinnamon.

PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**0 min**	**5 min**	**1**	**EASY**

Ingredients

- 150 ml almond milk
- 1 tsp cocoa powder
- 30 g whey protein powder
- 1 small banana
- 1 tsp ground cinnamon

Method

1. Add the almond milk, cocoa, whey protein and banana to a blender.
2. Blend for about a minute, until smooth.
3. Pour into a glass and sprinkle with cinnamon.

Tips & swaps

- A frozen banana makes this colder and thicker without needing ice.

Storage & reheating

Best drunk immediately.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
220	**26g**	**18g**	**4g**	**3g**

Estimated values, for guidance only. Contains: Milk.