Chocolate PB and Banana Recovery Shake

Ingredients
- 1 cup low fat chocolate milk
- 1 tbsp peanut butter
- 1 banana (frozen)
- ½ cup ice or cold water

Making it
- Blend and enjoy!

NUTRITION FACTS
Servings: 1
PER SERVING
Calories (kcal): 420
Fat (g): 15
Carbohydrate (g): 57
Protein (g): 25
Fibre (g): 6

TIPS & HINTS
If you find bananas going brown before you can eat them, peel them, chop them in slices or in half and pop in a food storage bag. They can easily be added to smoothies in the future!