

# Chocolate Peanut Butter Cup Protein Shake

## Ingredients

- 1 cup unsweetened almond milk (or any milk of choice)
  - 1 frozen banana
  - 1 scoop chocolate protein powder (plant-based or whey)
  - 1 tablespoon natural peanut butter
  - 1 teaspoon unsweetened cocoa powder (optional, for extra richness)
  - 1 tablespoon chia seeds or ground flaxseeds (optional, for fiber)
  - Ice cubes (as needed for thickness)
  - ½ teaspoon vanilla extract (optional)
- 

## Instructions

1. Add all ingredients to a blender.
2. Blend on high for 45–60 seconds until thick and creamy.

3. Adjust sweetness with a touch of honey or maple syrup if desired.
  4. Serve immediately. Top with cacao nibs or crushed peanuts for crunch (optional).
- 

## **Health Benefits**

- Chocolate protein powder supports muscle recovery and satiety.
- Peanut butter provides healthy fats, plant protein, and flavor.
- Banana adds potassium and natural sweetness without sugar.
- Chia or flaxseeds boost omega-3s and digestive fiber.
- Cocoa powder is rich in antioxidants and may enhance mood.