

# Mocha Banana Protein Smoothie

## Ingredients

- 1 frozen banana
  - $\frac{3}{4}$  cup unsweetened almond milk (or milk of choice)
  - 1 shot of espresso or  $\frac{1}{4}$  cup strong brewed coffee (cooled)
  - 1 scoop chocolate or mocha protein powder (plant-based or whey)
  - 1 teaspoon unsweetened cocoa powder
  - 1 tablespoon peanut butter or almond butter (optional, for creaminess)
  - Ice cubes (optional, for texture)
  - Dash of cinnamon or vanilla extract (optional)
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## Instructions

1. Add all ingredients to a blender.
2. Blend until smooth and creamy (about 45–60 seconds).

3. Adjust sweetness with a touch of maple syrup or date if needed.
  4. Serve cold. Optional: top with cacao nibs or a dusting of cocoa.
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## **Health Benefits**

- Espresso/coffee provides a natural caffeine boost to enhance alertness and focus.
- Banana adds potassium and natural energy.
- Chocolate protein powder builds muscle and supports recovery.
- Nut butter gives healthy fats and added satiety.
- Cocoa powder is rich in antioxidants and mood-boosting compounds.
- Almond milk offers a dairy-free base that's light and smooth.