

A close-up photograph of a chocolate protein shake in a glass with a straw. The shake is a light brown color with a thick, frothy top layer of foam. A white straw with red stripes is inserted into the drink. The background is dark, making the glass and the drink stand out.

Chocolate Protein Shake (Powder Free!)

Ingredients

- **1 ripe banana (peeled and frozen)**
- **2 Tbsp hemp seeds**
- **1/4 cup rolled oats**
- **2 Tbsp natural salted peanut butter**
- **1 Tbsp chia seeds**
- **1 - 2 Tbsp cocoa powder**
- **1 1/2 - 2 cups unsweetened almond milk**
- **honey**

Directions

- 1. Wash hands for 20 seconds. Make sure to scrub around your wrists, in between your fingers, and under your finger nails.**
- 2. To a high-speed blender, add banana, hemp seeds, oats, peanut butter, chia seeds, cocoa powder, and almond milk and blend on high until creamy and smooth, scraping down sides as needed.**
- 3. Taste and adjust flavor as needed, adding more cacao powder for chocolate flavor, peanut butter for creaminess or saltiness, almond milk to thin, or honey to sweeten.**
- 4. Enjoy immediately, or store covered in the refrigerator up to 1 day**

**Nutrition and Price of
Homemade Protein
Shake**

Calories: 646
Carbohydrates: 64.9 g
Protein: 23.3 g
Fat: 36.6 g

Price: \$2.74

**Nutrition and Price of
Protein Shake from
Tea and Shake Meal
Replacement
Restaurant**

Calories: 280
Carbohydrates: 13 g
Protein: 9 g
Fat: .5 g

Price: \$8

That's one pricey shake!