



Recipe Info

Yield: 1
Calories: 494

Nutrition

Primary Nutrition Facts Table		
Amount Per Serving		%Daily Value*
Total Fat	17g	26%
Saturated Fat	3g	13%
Trans Fat	0g	—
Cholesterol	0mg	0%
Sodium	131mg	5%
Total Carbohydrates	52g	17%
Dietary Fiber	9g	35%
Total Sugars	31g	—
Protein	37g	74%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Ingredients

- [2 tbsp Café Latte Protein Powder](#)
- 1/2 cup almond milk
- 1 banana, frozen

- 1 heaping tbsp of almond butter
- 1 tsp pure vanilla extract
- 1 tbsp maple syrup
- 1 tbsp chia seeds
- Optional Toppings: granola, almond butter, fresh fruit.

Directions

1. Add all the ingredients to a blender. Blend until smooth.