

MONKEY FUEL MOCHA SMOOTHIE

THM E | Rich | Chocolatey | Indulgent

MACROS (per serving)

Protein 28g • Fat 5g • Net Carbs 32g



Prep
5 Mins



Cook Time
0 Mins



Serves
1



Healthy
Carbs



Ingredients

Unsweetened Almond Milk	1 cup
Quick Oats	3 Tbsp
Banana Frozen or Freeze-dried	½ cup
Greek Yogurt 0% fat	½ cup
Vanilla Protein Powder	1 scoop
Cocoa Powder	1Tbsp
Sweetener To Taste	
Water/Ice	
Optional	
Instant Espresso	½ tsp
Chocolate Fudge Pudding Powder	1 tsp

Direction

- 1. Soak oats.** Put almond milk and oats in the blender. Let it sit while you grab the rest.
- 2. Add the rest.** Drop in Greek yogurt, protein powder, and cocoa powder.
- 3. Blend.** Run the blender on high for 30 seconds. For a frostier sip, add ice and pulse 10 seconds more.
- 4. Taste.** Need more zing? instant espresso. Need it creamier? Add chocolate fudge pudding powder
- 5. Serve now.** Pour, garnish, drink, and rinse the blender.

Blend, sip, and enjoy chocolate-banana bliss that still ticks every THM E box.



Prep Notes / Variations

- **Freeze-dried banana?** Re-hydrate 1 part fruit : ½ part water for the creamiest texture, then blend.
- **Want mocha depth?** Add ½ tsp instant espresso; it sharpens the cocoa without extra carbs.
- **Too thick?** Swap ¼ cup almond milk for cold brew coffee or water—keeps macros steady.
- **Oats feel heavy?** Replace with 1 Tbsp oat fiber for fewer carbs.

