

CHOCOLATE BANANA SMOOTHIE

THM E | High Protein | Flavor Forward | Pantry-Friendly

MACROS (per serving)

Protein 28g • Fat 3g • Net Carbs 40g

 **Prep**
5 Mins

 **Cook Time**
0 Mins

 **Serves**
1

 **Healthy**
Carbs



Ingredients

Unsweetened Almond Milk	1 cup
Quick Oats	¼ cup
Banana Frozen or Freeze-dried	1 each
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 Tbsp

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.
- **Craving extra fudge?** Pulse in 1 Tbsp sugar-free chocolate-pudding mix; it adds body and only ~2 g net carbs.
- **Oats feel heavy?** Replace with 1 Tbsp oat fiber for fewer carbs.

