

# 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

<b>Unsweetened Almond Milk</b>	1 cup
<b>Quick Oats</b>	¼ cup
<b>Banana</b> Frozen or Freeze-dried	1 each
<b>Greek Yogurt</b> 0% fat	½ cup
<b>Vanilla Protein Powder</b>	1 scoop
<b>Cocoa Powder</b>	1Tbsp
<b>Sweetener</b> To Taste	
<b>Water/Ice</b>	
Optional	
<b>Instant Espresso</b>	½ tsp
<b>Chocolate Fudge Pudding Powder</b>	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.

