



## Optimized Chocolate Banana Protein Shake – E

*This simple shake tastes so creamy, you'll have trouble believing that it doesn't involve heavy cream! But it is straight up E. If you do want to make it a crossover, simply add 1 Tbs of your favorite nut butter for even more richness!*

**Makes: Single-serve**

### **INGREDIENTS:**

- 1 frozen banana
- 3 Tbs. TH Optimized Plant Protein
- 1 Tbs. extra dark cocoa powder
- 1 Tbs. TH Gentle Sweet
- 1 pinch of TH Mineral Salt
- 1 cup unsweetened almond milk
- Handful of ice

### **DIRECTIONS:**

1. Blend well and enjoy!

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