Almond Chocolate Protein Shake Recipe (Buff Bake)

Nutrition Facts

Amount Per Shake

Calories	323 kcal
Protein	25.3g
Carbohydrate	28.7g
Fat	11.2g
Dietary Fiber	6g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for one Almond Chocolate Protein Shake:

- 1 Banana
- 200ml Milk (low-fat)
- 5g Buff Bake Snickerdoodle Almond Butter
- 5g Buff Bake Cookie Almond Butter
- 20g Casein Protein
- 5g Cocoa (unsweetened)
- 10g Cocoa Nibs
- Bourbon Vanilla

Preparation of the Almond Chocolate Protein Shake:

Cut the banana into pieces. Put it into a bowl together with Casein Protein, Cocoa, Cocoa Nibs, Bourbon Vanilla, delicious Buff Bake Snickerdoodle Almond Butter and Buff Bake Cookie Almond Butter.

Fill it up with 200ml of low-fat milk. Mix it until it´s smooth. One Almond Chocolate Protein Shake contains 25.3g of protein and 6g of fibres. Enjoy it and stay fit!

Check out our Calorie Calculator!

HFN
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