



## Chocolate-Peanut Butter Protein Shake

Prep 5 m

Ready In 5 m

*Recipe By:* Hilary Meyer

“This creamy high-protein shake will keep you satisfied for hours and tastes like a chocolate-peanut butter banana milkshake. You don't even need to add protein powder, thanks to the naturally occurring protein in the soymilk, Greek yogurt and peanut butter.”

### Ingredients

- 1 cup unsweetened vanilla soymilk
- $\frac{3}{4}$  cup sliced frozen banana
- $\frac{1}{2}$  cup reduced-fat plain Greek yogurt
- 1 tablespoon cocoa powder
- 1 tablespoon natural peanut butter

### Directions

Combine soymilk, banana, yogurt, cocoa powder and peanut butter in a blender; blend until smooth.