



Banana Shake

Total: 20 min · Prep: 7 min · Cook: 13 min · 1 servings · Easy · Smoothies

Vegetarian

Gluten-Free

INGREDIENTS

150 g Plant-based milk

1 pc Banana

15 g Almond

1 tsp Chia seeds

INSTRUCTIONS

- 1 Place the plant milk, banana, almonds, and chia seeds in a blender.
- 2 Blend all ingredients until smooth.
- 3 Pour the shake into a glass.
- 4 Before drinking, it is recommended to let the shake sit in the refrigerator for 5-10 minutes.

Nutrition per serving: 190 kcal · Protein **7.0 g** · Fat **5.0 g** · Carbs **34.0 g** · Fiber **6.1 g**