

SMOOTHIE

CHOC BANANA & OATS

INGREDIENTS:

- 2 Frozen Bananas
- ½ Cup Quick or Old Fashioned Oats
- 3 tbsp Almond Butter
- 1 Cup Milk Alternative
- 2 Scoops Bioteen Chocolate Whey Protein or Plant Protein

METHOD:

Place all ingredients into a blender and blend until smooth.

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