



## Banana Split Protein Shake

**Active Time:** 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

### Nutrition Information Per Serving

202.5 calories, 25.05 g carbohydrate, 4.54 g fiber, 18.51 g NET carbs, 25.85 g protein, 0.93 g fat

#### Ingredients

- 8 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 1 Scoop Jay Robb Chocolate Egg White Protein
- 1/2 small(s) banana
- 1/2 cup(s) frozen organic strawberries
- 1 cup water
- 1 Tbsp organic cocoa powder

#### Preparation

1. Add all of the ingredients except water to a blender or Vitamix. Start blending, adding small amount of water.
2. Continue blending until smooth. Adding additional water or ice as necessary.
3. Pour into a mug and top with whipped cream or whipped topping, if desired.

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