



BODYBUILDING.COM™

Lais DeLeon's Almond Banana Protein Shake

Ingredients:

Almond milk, 1 cup

Ice, 1 handful

Almond butter, 1 tbsp

Banana, 1 frozen

NLA For Her Her Whey Vanilla Cupcake protein, 2 scoops

Directions:

1. Measure out one cup of almond milk and pour into a blender.
2. Add two scoops of whey into the blender.
3. Add one banana to the blender.
4. Add 1 tablespoon almond butter. Blend all of the ingredients together and pour.