



## Banana Chocolate Protein Smoothie

1 serving  
5 minutes

### Ingredients

- 1 cup Unsweetened Almond Milk
- 1/4 cup Plain Greek Yogurt
- 1 tbsp Chia Seeds
- 2 tbsps Hemp Seeds
- 1/4 cup Oats
- 1 tbsp Cocoa Powder
- 1 Banana (frozen)
- 2 tbsps Pitted Dates

### Nutrition

Amount per serving	
Calories	487
Fat	20g
Carbs	68g
Fiber	14g
Sugar	28g
Protein	20g
Cholesterol	8mg
Sodium	202mg
Vitamin A	891IU
Vitamin C	14mg
Calcium	697mg
Iron	5mg

### Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

### Notes

- Pitted Dates:** One serving is equal to approximately two to three dates.
- Gluten-Free:** Use Gluten-Free oats.
- Dairy-Free:** Use coconut yogurt instead.
- Nut-Free:** Use coconut or oat milk instead of almond milk.
- More Flavor:** Add a pinch of cinnamon.
- Make it Vegan:** Use a vegan yogurt.