



CHOCO-BANANA PEANUT BUTTER COLLAGEN SHAKE

~A delicious treat loaded with the super powers of collagen ~

INGREDIENTS

8 oz unsweetened almond milk
1/2 frozen Banana
1 handful of spinach (*optional*)
1 tbs peanut or almond butter
1 scoop GYF Milk Chocolate Collagen
4-6 ice cubes

DIRECTIONS

Add all ingredients in blender

Blend until mixed & enjoy!

Substitute/Add any GYF proteins to
this recipe for more nutrition &
delicious combinations!

NUTRITIONAL FACTS

Calories - 243 Fat - 11g Carbs - 21g
Fiber - 4g Sugars - 9g Protein - 18g