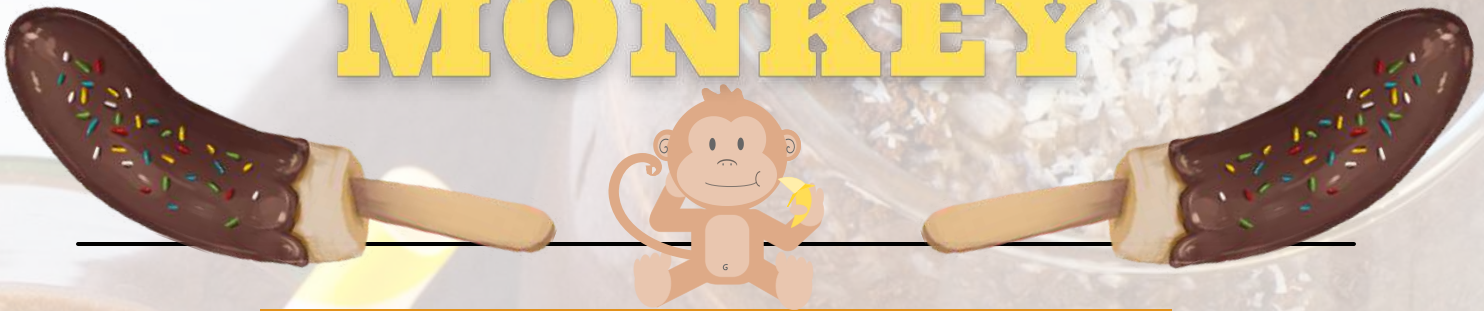


CHOCOLATE PEANUT BUTTER MONKEY



INGREDIENTS

8 oz unsweetened almond milk or water
1 scoop GYF Milk Chocolate Collagen
1 scoop any GYF Chocolate Protein
1/2 Frozen Banana
1 Tbs of Peanut Butter
1/4 cup Rolled Oats or Granola (*Optional*)
5-6 Ice cubes

DIRECTIONS

Combine ingredients in a blender.

Blend until all ingredients are mixed.

Satisfy hunger and boost your metabolism & energy with this protein shake! This is a perfect post-workout treat & contains a daily dose of collagen.



NUTRITIONAL FACTS

Calories - 298 Fat - 13g Carbs - 25g
Fiber - 5g Sugars - 9g Protein - 39g

