



Performance-Boosting Pre-Workout Shake

Ingredients

- MuscleTech Lab Series protein
2 scoops
- Quick oats 1 cup
- Almond butter 2 tbsp
- Medium banana 1/2
- Cinnamon 1 tbsp
- Sea salt 1/4 tsp
- Water 2 cups

Directions

1. Place all the ingredients in a blender and blend until smooth.



Nutrition Facts

Serving size: 1 portion
Recipe yields 2 servings
Calories 412
Fat 12 g
Carbs 44 g
Protein 32 g