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Muscle Monkey Shake

Ingredients

- 1/2 of a frozen medium-sized banana (freeze it with the peel off)
- 1 1/4 cup of unsweetened vanilla almond milk
- 1 scoop of Banana Perfection Myofusion Probiotic Series Whey
- 2 tsp chopped walnuts
- 1/3 of a Chocolate Brownie Quest Bar



Directions

1. Mix the first three ingredients in a blender, Magic Bullet, or other mixer.
2. Pour this mixture into your ice cream machine for 10-15 minutes. Add chopped walnuts in the final minute.
3. While you are waiting, cut 1/3 of a Chocolate Brownie Quest Bar into small pieces with scissors.
4. Once the soft serve is ready, serve in a cup and add your Quest Bar pieces to the top.