



## **MyProtein Banana Cookies and Cream Protein Shake**

### **Ingredients**

2% milk 1/2 cup

Myprotein Impact Whey protein, Cookies and Cream or Salted Caramel 2 scoops

Ripe banana 1

Small container Banana Cream Greek yogurt (or plain) 1

Spinach/spring mix 1 cup

Quick oats or regular oats, dry 1/3 cup

Plain creatine monohydrate 5 g (if desired)

Crushed ice 3/4 cup (or 4 ice cubes)

### **Directions**

1. Blend all ingredients together and enjoy!

### **Nutrition Facts**

Serving size: 1 shake

Recipe yields 1 serving

Calories 742

Fats 15 g

Carbs 89 g

Protein 66 g