



Vegan Chocolate Peanut Butter Protein Shake

I n g r e d i e n t s

- 1 scoop [Vega One chocolate protein powder](#)
- 2 Tablespoons peanut butter (or other nut butter! Sunbutter, almond butter, etc. all work)
- Ice (crushed is best)
- Water or non-dairy milk such as almond or coconut
- Salt to taste (this is key! Sounds weird, but it tastes so much better with salt)
- Optional: 1 small Banana or 1/3-1/2 avocado for additional creaminess (this was not included in the original recipe or video below, but I highly recommend it! I put a banana in mine every day)

D i r e c t i o n s

- Fill the crushed ice into a blender (I love and use a [Ninja blender](#)). I like mine thicker so I use about 1.5 cups of crushed ice.
- Add the 2 tablespoons of peanut butter.
- Add enough water to cover ice, plus about 2 inches above.
- Add one scoop of Vega One chocolate protein powder (I make mine heaping).

- Turn on the blender and blend until smooth – usually 45 seconds to a minute.