

# TASTY SHAKE RECIPES

Easy and delicious ways to put more healthy protein into your diet every day



## INGREDIENTS

- 2/3 cup Premier Protein Chocolate Shake
- 1/2 cup (heaping) rolled oats
- 1 tablespoon chia seeds
- 1/2 teaspoon vanilla extract
- 2 tablespoons peanut butter
- 2 tablespoons unsweetened cocoa powder
- Pinch of salt
- 1 tablespoon of honey
- 1 sliced banana (optional)
- 1 teaspoon of chocolate chips (optional)

## DIRECTIONS:

Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid. Close and refrigerate for at least 4 hours, but preferably overnight before eating. Top with sliced bananas and chocolate chips, and enjoy!