

Electric Monkey Smoothie

Did you know your body can only use about 30 grams of protein at one time? This meal replacement drink provides 28 grams of protein in one serving which is just the right amount to ensure your body can utilize as much protein as possible. The protein will also help with post-workout muscle soreness and help keep you feeling full.

To top it all off, the flavor of the *Electric Monkey* is very satisfying - chocolate, banana, peanut butter and coffee - YUM!

Ingredients

2 Scoops Organic Creamy Chocolate
2 T Powdered PB
1 Banana
4 oz coffee/ 2 shots espresso
2 Cups Ice

Directions

1. Add all ingredients into blender, cover and puree until smooth.
2. Enjoy!

Yields - 16 oz.

Calories: 306

Protein: 28 g

Carb: 48 g

Fat: 5 g

What we love about the Electric Monkey

- Provides the optimal amount of protein per serving
- 2 shots of espresso for quick energy
- Protein and healthy fat for sustained energy
- Healthy meal replacement shake



Ingredients: organic
chocolate protein powder,
peanut powder, banana,
espresso and ice

NUTRITION FACTS

306 calories
48 g carb
5 g fat
28 g protein