AMERICAN · BREAKFAST · DRINK

Thick Chocolate Banana Protein Shake with Oats

5 min · Makes 1 × 1 giant shake (about 1.5 L) · 448 kcal a portion

Video 6:36 · Joe Duff - The Diet Chef

Vegetarian

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Whey, oats and cocoa give about 34 g of protein and 13 g of fibre, and fortified almond milk adds plenty of calcium; the only sweetness is the banana and zero-calorie sweeteners, so it makes a filling breakfast or post-workout meal.

Ingredients 8 · MAKES 1 × 1 GIANT SHAKE (ABOUT 1.5 L)

- [ ] 500 ml **unsweetened vanilla almond milk**
- [ ] 1 medium **banana** (100 g), preferably frozen
- [ ] **Protein powder (whey)**: 1 scoop (30 g) chocolate whey protein powder
- [ ] 3 tbsp (15 g) **unsweetened cocoa powder**
- [ ] ½–2 tsp **liquid sweetener** (sucralose or stevia), optional
- [ ] 350–470 ml **ice**
- [ ] 20 g **old-fashioned oats**
- [ ] 15 g **stevia-sweetened chocolate chips** (Lily's)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pour 470 ml unsweetened almond milk into the blender, then add 1 medium banana (frozen makes it thicker), 1 scoop chocolate protein powder and 3 tbsp cocoa powder. 1:52
2. Add a little liquid sweetener if you like (or a second banana instead) and 350–470 ml ice. 3:08
3. Blend until very thick, creamy and smooth. 3:46
4. Add 60 ml old-fashioned oats and 15 g sugar-free chocolate chips and blend just briefly, so they leave a little texture. It's thick enough to eat with a spoon. 4:08

> **Tip** This is a very big shake (about 1.4 kg); halve everything for a normal glass. Any milk works, but not water. Dark chocolate chips work if you don't mind a little sugar.

The method is a summary in our words — the video shows every step.

One portion, 1 giant shake (about 1.5 L), gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
448 kcal	34 g	53 g	13 g	15 g	490 mg
1,870 kJ	68% of a day	40 g net · 14 g sugars	47% of a day	5.3 g saturated	21% of a day
		19% of a day		20% of a day	

Energy from net carbs 37% · protein 32% · fat 31%

High in (20%+ of a day) Vitamin E 95% · Calcium 84% · Magnesium 49% · Iron 36% · Zinc 36% · Vitamin B6 28% · Potassium 27% · Vitamin D 25% · Selenium 25%

Source of (10–19%) Vitamin B12 12% · Vitamin C 10% · Folate 10% · Omega-3 10%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=NWcIKbWK0Ko, published 15 April 2018. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chocolate-banana-oat-protein-shake