

Chocolate Chia Recovery Drink

A creamy, rich protein shake that's perfect for post-workout recovery. Loaded with natural electrolytes, healthy fats, fiber and tons of protein.

Ingredients

- 14 ounces Chocolate Coconut Water Beverage
- ½ tbsp chia seeds
- 1 frozen ripe banana (peeled, sliced and frozen)
- ¼ cup ice
- 2 tbsp salted peanut or almond butter
- 1 tbp hemp seeds
- ½ tbsp flax seed meal (or flax seed)



Instructions

1. Add chocolate coconut water and chia seeds to a blender and let rest for 10 minutes so the chia seeds can activate.
2. Add remaining ingredients and blend. For a thicker shake, add more ice and/or frozen banana
3. Divide between 2 glasses and serve immediately. Freeze leftover into healthy popsicles.

*You can use regular coconut water just add 2 tbsp of cocoa powder or 1 tbsp of cacao powder

Nutrition Per Serving (1 of 2)

Calories: 277

Fat: 13g

Saturated fat: 3g

Sodium: 145mg

Carbohydrates: 32g

Fiber: 6g

Sugar: 19g

Protein: 8.6g