

Recipe: Chocolate Peppermint Protein Shake

Protein shakes are a staple in the Fat Loss Lifestyle, for a recovery drink after a hard workout or for a high protein snack. There are so many combinations of flavors that you can constantly be creative to prevent shake boredom.

Try this low carb holiday inspired one below!

Ingredients:

- 8 oz. unsweetened vanilla flavored almond milk
- 1 scoop of chocolate protein powder
- 1 heaping spoonful of unsweetened cocoa powder
- 1/8 tsp. peppermint extract
- 5 drops of Stevia, chocolate flavor*

Directions:

Add all ingredients in blender or Magic Bullet or Vitamix, add ice and blend to desired thickness. Enjoy!

*The protein powder that I used had very little sweetness to it, hence adding the stevia drops. If the protein powder you are using is already sweetened, you can skip the stevia drops.