

# Chocolate Banana Protein Shake



## Ingredients:

- 2 large bananas, frozen
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 2-3 Tablespoons of Hemp Powder
- 1/2 cup water
- 2 Tablespoons Cocoa Powder
- 2 handfuls fresh spinach
- 3-4 ice cubes



## Directions:

1. Cream the butter and sugar until light and fluffy.
  2. Add the eggnog, egg and vanilla to the sugar mixture. Stir until well combined.
  3. In a medium bowl, mix together the flour, baking soda, cinnamon, ginger, cloves, and salt. Gently add to the wet ingredients while stirring.
  4. Scoop about two tablespoons of dough and roll into a ball. Roll the ball into sugar until evenly coated.
  5. Bake for 10-12 minutes at 350 degrees F. Allow to cool 5 minutes before serving.
1. In a blender, add together the frozen bananas, water, vanilla, hemp powder, cinnamon, and cocoa powder. Blend until smooth. Add more water if needed to get the consistency you like.
  2. Add the handfuls of spinach to the blender along with the ice cubes.
  3. Blend again until completely smooth. Enjoy!

<http://piece-of-home.com/chocolate-banana-protein-shake/>