

Cocoa almond protein shake

It's hard to believe that this lovely chocolate milkshake provides as much protein as a small steak! Not only that, but the cocoa powder has been shown to improve mental function, while almonds add fibre and healthy fats.

I use unflavoured whey protein powder, which has a high protein content and a mildly creamy flavour and texture. For those who are dairy intolerant, soy, pea and rice protein powders are good alternatives although the taste is slightly different. Avoid flavoured products, which contain artificial sweeteners.

Makes one serving

1 frozen sliced banana
2 tbsp unsweetened cocoa powder
1 tbsp almond butter
1 dsp finely ground flax seeds/linseeds (2 names for the same thing)
½ tsp maple syrup
¼ tsp vanilla extract
Pinch of sea salt
250ml milk - dairy or non dairy as liked
A couple of ice cubes (optional) to thicken the texture

Simply put all the ingredients into a blender and blend till smooth.

Adapted from The Cancer Fighting Kitchen by Rebecca Katz

