

Power-Packed Bulking Shake

Fuel your day with this delicious and nutritious bulking shake. Packed with healthy fats, fiber, and natural sweetness, it's perfect for muscle gain and energy.


10 min

Total time

easy

Difficulty

550

kcal / serving

Ingredients

- 1 cup almond milk
- 1/2 cup oats
- 2 tablespoons peanut butter
- 1 ripe banana
- 1 tablespoon honey

Steps

- 1 In a blender, combine the almond milk, oats, peanut butter, banana, and honey.
- 2 Blend on high speed until smooth and creamy.
- 3 If the shake is too thick, add a bit more almond milk and blend again.
- 4 Pour into a glass and enjoy immediately.