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## **Day 5, Meal 4: Post-Workout Meal: Banana Ice Cream**

### **Ingredients:**

Banana, chopped into coins and frozen, 1 medium  
Low-fat milk, 4 oz.  
FitMiss Chocolate Delight protein powder, 1 scoop  
Peanut butter, 1 tbsp

### **Directions:**

1. Add the bananas and milk to a blender and blend until a creamy consistency is formed. Be patient; this may take time. Don't be surprised if you have to help the bananas with a spoon so that they catch the blender blade.
2. Once ice cream consistency is achieved, mix in the whey protein and peanut butter.
3. Enjoy this as soft serve, or store it in the freezer for at least an hour for more of a traditional, hard ice cream.

### **Nutrition Information:**

Serving size: 1 serving  
Recipe yields 1 serving

Calories: 271  
Fat: 3 g  
Carbohydrates: 40 g  
Protein: 21 g