



Breakfast with Jon

THRILLA IN VANILLA



Serving size: 1 shake

INGREDIENTS:

- ½- 1 frozen banana
- 1 cup coconut water
- ½ cup water
- ¼ cup blueberries
- 1 tsp cinnamon
- 1 tsp vanilla
- 1 tbs protein powder
- 1 tsp ground chia seeds

DIRECTIONS:

For a thicker shake use a whole banana, for a thinner shake, ½ a banana is good.

Place all ingredients in the blender.

Blend the ingredients until the shake reaches the right consistency. Pour the shake into a glass and enjoy!