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Thread: [Bulking smoothie ideas?](#)

? **Death Disturbance** ? - September 11, 2016, 2:32 am

Anyone have any decent tasting weight gainer smoothie recipes? I usually make one with milk, peanut butter, banana, a scoop of protein and oats. Tastes nice as hell but wondering if anyone has other good suggestions.

Viagra - September 11, 2016, 6:49 am

100 grams oats
500ml whole milk
35 grams whey
2 tbsp olive oil

best breakfast

/Ninja - September 11, 2016, 6:51 am

(Sep 11, 2016 02:32 AM)Death Disturbance Wrote: [\[CITE\]](#) Anyone have any decent tasting weight gainer smoothie recipes? I usually make one with milk, peanut butter, banana, a scoop of protein and oats. Tastes nice as hell but wondering if anyone has other good suggestions.

That's about normal bud. Those are calorie dense items

Yous - September 11, 2016, 8:11 am

When gaining oats, any nuts, nut based milk or butters, and rasins are excellent. These are foods that won't fill you up and are high in calorie.

A good blend would be 2 cups vanilla almond milk, a scoop of whey protein (2 if it's on a day you workout), banana, nutella, chocolate covered rasins and some oats.

^ Yeah that would be solid

aimware - September 11, 2016, 3:39 pm

Foods-

Peanut Butter
Coconut Oil
Oats/Granola/Muesli
Bananas

Liquids-

Whole Milk
Olive Oil
Honey

Supplements-

Protein Powder
Mass Gainer (aka overpriced carbs, don't use unless you get it SUPER cheap)
Creatine (5g)

Mix and match bb

