

PROTEIN SHAKE RECIPES

MANGO MINT AVOCADO SMOOTHIE

- ½ avocado
- 1 cup vanilla almond milk
- 1/2 T raw honey
- 1 cup ice
- 1/2 cup mango, diced
- 4-5 mint leaves
- 1 scoop vanilla protein powder
- 5-6 ice cubes
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PINA COLADA PROTEIN SMOOTHIE

- ¾ cup almond milk
- 3/4C cubed pineapple
- ½ medium banana
- 6 large ice cubes
- 1 tsp agave (optional)
- 1 tablespoon fresh lime juice
- 1 scoop vanilla protein powder
- 1 scoop baby spinach

N'OATMEAL PROTEIN SHAKE

- 1 cup almond milk
- 1 scoop vanilla protein powder
- 1/4 cup unsweetened raisins
- 2 TBS Flaxmeal (optional)
- 1 tsp cinnamon
- 1/2 tsp vanilla extract
- 1 frozen banana, in chunks
- 5-6 ice cubes

BANANA BREAD SMOOTHIE

- 1 cup almond milk
- 1 frozen banana sliced
- 1 scoop vanilla protein powder
- 1 tablespoon almond butter
- ¼ tsp each cinnamon + nutmeg
- 6 ice cubes

GREEN MONSTER SMOOTHIE

- 1 cup almond milk
- 1 handful baby spinach or kale
- 1 scoop vanilla protein powder
- 1 frozen banana
- 1 TBSP almond butter
- 6 ice cubes

COOKIE DOUGH PROTEIN SHAKE

- 1/3C dry oatmeal
- 1 scoop vanilla protein powder
- 1C almond milk
- 1T almond butter
- 5-6 ice cubes
- ½ frozen banana

BANANA COFFEE PROTEIN SHAKE

- ½ ripe banana
- 1 scoop vanilla protein powder
- ½ cup unsweetened vanilla almond milk
- ½ cup cold or room temperature brewed coffee
- 1 ½ cups cubed ice

VANILLA ALMOND PROTEIN SHAKE

- 1 scoop vanilla protein powder
- 1/2 banana, frozen preferably
- 1 tbsp almond butter, or nut butter of choice
- 1 cup unsweetened vanilla almond milk
- 3-4 ice cubes, depending on size. Adjust as needed

KALE PINA COVADO

- 2/3 C unsweetened vanilla almond milk
- 2 large hand-fulls kale ~the leaves of about 8 stalks
- 1/3 C pineapple chunks
- 1/2 ripe avocado
- 1 scoop protein powder
- 1 C ice cubes

PEACH PIE PROTEIN SHAKE

- 2 tablespoons vanilla protein powder (optional)
- $\frac{3}{4}$ cup fresh or frozen peaches
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon vanilla extract
- 1 cup almond milk
- 5- 10 ice cubes (use more for thicker shake)

BERRY BERRY PROTEIN SHAKE

- 1 cup almond milk
- $\frac{2}{3}$ C frozen mixed berries
- $\frac{1}{2}$ frozen banana
- 5-6 Ice cubes
- 1 handful baby spinach
- 1 scoop protein powder.