



High Protein Blueberry Shake Recipe

Description

Ingredients

- 1 cup unsweetened vanilla almond milk
- 1 scoop vanilla protein powder
- 1 tablespoon ground flaxseed
- 1 cup blueberries
- 1/2 cup plain nonfat Greek yogurt
- 1 cup ice

Instructions

1. In a high-speed blender, add all of the ingredients.
2. Blend for 30-60 seconds until everything is fully blended.
3. Pour into your favorite glass and enjoy!

Nutrition Information:

Yield: 1 Serving Size: 1

Amount Per Serving: Calories: 328 Total Fat: 7g Saturated Fat: 1g Trans Fat: 0g Unsaturated Fat: 5g Cholesterol: 11mg Sodium: 106mg Carbohydrates: 31g Fiber: 7g Sugar: 19g Protein: 40g

Category

1. High Protein Recipes

Date

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