

Creamsicle Protein Shake



TOTAL TIME

5 mins



COURSE

Breakfast, Dinner, Lunch, Shakes, Snacks



SERVINGS

1 serving

CALORIES

290 kcal

INGREDIENTS

- 1 scoop vanilla protein powder
- 1 c unsweetened soy milk or other plant milk for soy-free
- ½ tsp vanilla
- 1 mandarin oranges or cuties
- 2 Tbsp frozen orange juice concentrate
- 6-8 ice cubes

INSTRUCTIONS

1. Put all ingredients in a blender and blend! Easy!

NUTRITION

Nutrition Facts

Creamsicle Protein Shake

Amount Per Serving (1 g)

Calories 290 Calories from Fat 54

% Daily Value*

Fat 6g **9%**

Carbohydrates 32g **11%**

Protein 29g **58%**

* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!