

Pear & Ginger Protein Shake



COURSE
Dessert, Shakes, Snacks

SERVINGS
7 serving



CALORIES
312 kcal

INGREDIENTS

- 1 c. unsweetened soy milk or other plant milk for soy free
- 1 scoop vanilla protein powder
- 1 small pear
- ½ tsp raw ginger
- 1 Tbsp chia seeds
- ½ c frozen cauliflower florets or cauliflower rice
- 1 tsp maple syrup
- ice cubes to desired taste and texture

INSTRUCTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Add more soy milk or water if a thinner shake is desired.

NUTRITION

Nutrition Facts

Pear & Ginger Protein Shake

Amount Per Serving (1 serving)

| | | | |
|-----------------------|-----|-------------------|----|
| Calories | 312 | Calories from Fat | 63 |
| % Daily Value* | | | |
| Fat | 7g | 11% | |
| Carbohydrates | 42g | 14% | |
| 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!