

# 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
<b>% Daily Value*</b>			
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!