

The Lean and Green Protein Shake

This is great way to get in a lot of nutrition either post workout or at any time during the day while keeping the calories moderately low.



PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE

Breakfast, Gluten Free, Shakes, Snacks



SERVINGS

1 serving

CALORIES

209 kcal

INGREDIENTS

- 1 c Vanilla Unsweetened Almond Milk vanilla unsweetened
- 1 scoop [Plant Fusion Vanilla](#)
- 1 lg Banana frozen and chopped
- 1/2 c Mango frozen and chopped
- 1-2 handfuls leafy greens of your choice
- to taste ice + water

INSTRUCTIONS

1. Blend all ingredients in a high powered blender until creamy, adding ice and water to desired consistency.

NUTRITION

Nutrition Facts

The Lean and Green Protein Shake

Amount Per Serving	
Calories 209	Calories from Fat 45
% Daily Value*	
Fat 5g	8%
Carbohydrates 20g	7%
Protein 23g	46%

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



Tried this recipe?
Let us know how it was!