

# 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!