

Oatmeal Raisin Cookie Protein Shake

All the goodness of oatmeal raisin cookies, but through a straw!



PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE

Breakfast, Gluten Free, Shakes, Snacks



SERVINGS

1 serving

CALORIES

261 kcal

INGREDIENTS

- 1 c Vanilla Unsweetened Almond Milk
- 1 scoop [Plant Fusion Vanilla](#)
- 3 Tbsp Oats - Dry (use gluten-free oats to make fully GF)
- 2 Tbsp Raisins
- 1/4 tsp vanilla extract
- 1/2 tsp cinnamon
- 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

Oatmeal Raisin Cookie Protein Shake

Amount Per Serving

Calories 261 Calories from Fat 45

% Daily Value*	
Fat 5g	8%
Saturated Fat 0.2g	1%
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Sodium 520mg	23%
Potassium 294mg	8%
Carbohydrates 31g	10%
Fiber 5g	21%
Sugar 16g	18%
Protein 24g	48%
Vitamin A 500IU	10%
Vitamin C 0.8mg	1%
Calcium 460mg	46%
Iron 1.4mg	8%

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



Tried this recipe?
Let us know how it was!