

# Creamy Vanilla Protein Shake



PREP TIME

5 mins



COURSE

Shakes



SERVINGS

1 serving

CALORIES

264 kcal

## INGREDIENTS

- 1 cup cashew milk unsweetened
- 1 medium medjool date pitted
- 1 Tbsp raw cashews
- 1 tsp vanilla extract
- 1 scoop Tru Protein Vanilla or similar vanilla vegan protein

## INSTRUCTIONS

1. Put all ingredients in a blender and blend until smooth adding water until reaching the desired texture.
2. Add ice if you want a colder shake.

## NUTRITION

## Nutrition Facts

Creamy Vanilla Protein Shake

Amount Per Serving

<b>Calories</b>	264	Calories from Fat	75
<b>% Daily Value*</b>			
<b>Fat</b>	8.3g		13%
<b>Carbohydrates</b>	22.5g		8%
<b>Protein</b>	27.2g		54%

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



Tried this recipe?

Let us know how it was!