

Strawberry Rhubarb Shake



COURSE
Shakes, Snacks

SERVINGS
1 serving



CALORIES
321 kcal

INGREDIENTS

- 1 c strawberries sliced
- $\frac{1}{2}$ c rhubarb chopped
- $\frac{1}{2}$ peeled and frozen banana cut into chunks
- 1 medjool date
- $\frac{2}{3}$ c vegan Greek yogurt for soy-free, use soy-free, plant-based yogurt
- $\frac{1}{2}$ c soy milk for soy-free, use soy-free, plant-based milk
- $\frac{1}{4}$ cup orange juice

INSTRUCTIONS

1. Blend all ingredients together.
2. Add water and ice to desired texture.

NUTRITION

Nutrition Facts

Strawberry Rhubarb Shake

Amount Per Serving (1 serving)

Calories	321	Calories from Fat	81
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	% Daily Value*		
Fat 9g	14%		
Carbohydrates 37g	12%		
Protein 23g	46%		

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



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!