

St Patty's Day Protein Shake



TOTAL TIME

5 mins



COURSE

Breakfast, Dessert, Shakes, Snack



SERVINGS

2 servings

CALORIES

419 kcal

EQUIPMENT

- blender

INGREDIENTS

- 2 c non-dairy vanilla ice cream
- 1 c non-dairy milk
- 1 scoop Zhou vanilla protein powder
- ¼ c dairy-free chocolate chips
- ¼ tsp peppermint extract
- green food coloring optional
- whipped coconut cream & chocolate shavings optional topping

INSTRUCTIONS

1. In a blender, combine the non-dairy vanilla ice cream, non-dairy milk, dairy-free chocolate chips, peppermint extract, and green food coloring (if using). Blend until smooth and creamy.
2. Pour the shake into glasses and top with whipped coconut cream and chocolate shavings, if desired.

NUTRITION

Nutrition Facts

St Patty's Day Protein Shake

Amount Per Serving

Calories 419 Calories from Fat 189

% Daily Value*

Fat 21g **32%**

Carbohydrates 38g **13%**

Protein 15g **30%**

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



Tried this recipe?

Let us know how it was!