

# 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

<b>Calories</b>	261	Calories from Fat	45
<b>% Daily Value*</b>			
<b>Fat</b>	5g		8%
Saturated Fat	0.2g		1%
Polyunsaturated Fat	1g		
Monounsaturated Fat	2g		
<b>Sodium</b>	520mg		23%
<b>Potassium</b>	294mg		8%
<b>Carbohydrates</b>	31g		10%
Fiber	5g		21%
Sugar	16g		18%
<b>Protein</b>	24g		48%
<b>Vitamin A</b>	500IU		10%
<b>Vitamin C</b>	0.8mg		1%
<b>Calcium</b>	460mg		46%
<b>Iron</b>	1.4mg		8%

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

**Tried this recipe?**

Let us know how it was!