

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

Calories 264 Calories from Fat 75

% Daily Value*	
Fat 8.3g	13%
Carbohydrates 22.5g	8%
Protein 27.2g	54%

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



Tried this recipe?
Let us know how it was!