

Birthday Cake Protein Shake

I'm obsessed with funfetti cake. But I can't always have funfetti cake. So I made it into a shake instead.



PREP TIME

5 mins

TOTAL TIME

5 mins



COURSE

Breakfast, Dessert, Gluten Free, Shakes, Snacks



SERVINGS

1 serving

CALORIES

228 kcal

INGREDIENTS

- 1 c Vanilla Unsweetened Almond Milk vanilla unsweetened
- 1/2 c Banana frozen and chopped
- 1 scoop [Plant Fusion Vanilla](#)
- 1/2 tsp vanilla extract
- 1/2 tsp almond extract
- to taste stevia
- to taste ice + water
- 1 tsp rainbow sprinkles

INSTRUCTIONS

1. Blend all ingredients except sprinkles in a high powered blender until smooth, adding ice + water as needed to reach desired consistency.
2. Top with rainbow sprinkles!

NOTES

NUTRITION

Nutrition Facts

Birthday Cake Protein Shake

Amount Per Serving

| | | | |
|-----------------------|-----|-------------------|-----|
| Calories | 228 | Calories from Fat | 54 |
| % Daily Value* | | | |
| Fat | 6g | | 9% |
| Carbohydrates | 23g | | 8% |
| Protein | 23g | | 46% |

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

Tried this recipe?

Let us know how it was!