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(organic berries or frozen bananas work best)

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1 scoop Vanilla Protein powder ½ cup unsweetened Almond milk ½ cup blueberries 1 Tbsp. Almond butter 1 tsp almond extract Cover with water & blend Calories-262/ Protein-29g/ Total Carbohydrate-15g/ Fat-10g/ Dietary Fiber-4g, click the image for more! Blueberry Muffin Protein Smoothie.

Protein Shake Recipes 100 Delicious

With salted caramel flavouring, this shake tastes delicious and is full of the good stuff, including a hefty 38g of protein, good sources of fat and simple and complex carbohydrates. 1 scoop

Salted Caramel Impact Whey Protein; 1 scoop Instant Oats or rolled oats blended to a fine powder; 1 small banana; 1 tbsp. Almond Butter; 250ml whole milk

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Basic Whey Protein + Fruit. 1 scoop Whey Protein Isolate bananas work best)

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