



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Vanilla Protein Shake ♦

A delicious and nutritious vanilla protein shake that is perfect for post-workout recovery or as a quick and easy meal replacement. This shake is packed with protein, vitamins, and minerals to help you meet your daily nutritional needs.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 500 grams

Number of Servings: 1

Serving Size: 500 g

Ingredients

1 scoop	vanilla protein powder
1 cup	almond milk
1 medium	Banana
6 cubes	ice cubes

1 Honey
teaspoon

Directions

Step 1

Blender

Add all ingredients to a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blender

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Pour into a glass and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Sugars	15 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	5 g	17.86%	20%

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%

Recipe Attributes

Course

Drinks Breads Snacks Sauces & Dressings

Kitchen Tools

Blender

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Meal Type

Snack

Breakfast

Difficulty Level

Easy

Visit our website: healthdor.com