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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

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: 5g

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%

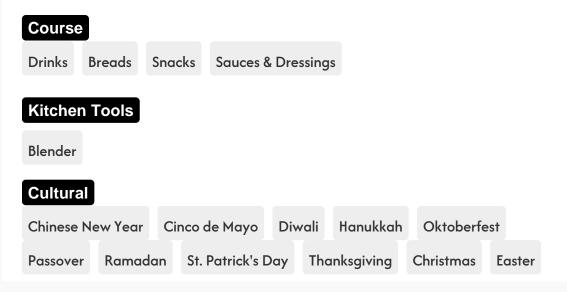
Vitamins

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



Halloween
Cost
Under \$10
\$10 to \$20
\$20 to \$30
Meal Type
Snack Breakfast

Difficulty Level

Easy

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