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Apple Spice Protein Shake

This Apple Spice Protein Shake is a delicious and nutritious way to start your day. Made with fresh apples, protein powder, and warming spices, it's the perfect fall-inspired breakfast or snack. The shake is packed with protein to keep you full and satisfied, and the flavors of apple and spice will leave you feeling warm and cozy. Whether you're a fitness enthusiast or just looking for a healthy and tasty shake, this recipe is sure to become a favorite.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 300 grams

Number of Servings: 1

Serving Size: 300 g

Ingredients

150 g	Apple
30 g	protein powder
250 ml	almond milk

1 tsp	Cinnamon
0.5 tsp	Nutmeg
1 tsp	vanilla extract
100 g	ice cubes

Directions

Step 1

Cutting

Peel and core the apple. Cut it into small pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, combine the apple pieces, protein powder, almond milk, cinnamon, nutmeg, vanilla extract, and ice cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Serving

Pour into a glass and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 1 g

Protein: 25 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	14 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Breads

Salads

Drinks

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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