

Dairy-Free Protein and Cocoa Shake

submitted by Irenebvh



Per serving: 211 Calories • 23.7g Carbs (4.5g Fiber) • 1.9g Fat • 25.5g Protein

Ingredients

Ingredients scaled to: 1 shake

1 tbsp **Cocoa** (5.4 grams)

1 tbsp **Sugar** (12.6 grams)

1 scoop **Rice protein** (30 grams)

1/2 cup **Almond milk** (120 grams)

1/2 cup **Water** (118 grams)

1/2 cup **Ice cubes** (119 grams)

Directions

Directions are based on the original recipe of 1 shake

1. Combine all ingredients in a blender and pulse until smooth. Enjoy!