

Orange-Vanilla Protein Smoothie

submitted by rjblack2



Per serving: 390 Calories • 59.4g Carbs (1.5g Fiber) • 1.8g Fat • 27.4g Protein

Ingredients

Ingredients scaled to: 1 serving

2 cup **Orange juice** (498 grams)

3 tsp **Vanilla extract** (12.6 grams)

1 scoop (30g) **Whey protein powder** (30 grams)

1 cup **Ice cubes** (237 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Combine all ingredients in a blender and pulse until smooth. Add more ice for a thicker smoothie. Enjoy!