

Peach Protein Smoothie

submitted by hmiryam



Per serving: 345 Calories • 46.8g Carbs (2.3g Fiber) • 3.7g Fat • 33.6g Protein

Ingredients

Ingredients scaled to: 1 shake

- 1 tbsp **Honey** (21 grams)
- 1 scoop (30g) **Whey protein powder** (30 grams)
- 1 medium (2-2/3" dia) **Peaches** (150 grams)
- 1 cup **Lowfat milk** (244 grams)

Directions

Directions are based on the original recipe of 1 shake

1. Combine all ingredients in a blender and pulse until smooth. Add ice if desired.