

Vanilla Banana Protein Shake

submitted by BonnieNash



Per serving: 245 Calories • 24.9g Carbs (2.5g Fiber) • 3.6g Fat • 25.6g Protein

Ingredients

Ingredients scaled to: 1 serving

1/2 medium (7" to 7-7/8" long) **Banana** (59 grams)

1 cup **Almond milk** (240 grams)

1 tsp **Vanilla extract** (4.2 grams)

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

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

Directions

Directions are based on the original recipe of 1 serving

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