

Vanilla Protein Shake

submitted by christina120288



Per serving: 235 Calories • 15.7g Carbs (0g Fiber) • 3.4g Fat • 32.2g Protein

Ingredients

Ingredients scaled to: 2 serving

2 scoop (30g) **Whey protein powder** (60 grams)

2 cup **Lowfat milk** (488 grams)

2 tsp **Vanilla extract** (8.4 grams)

Directions

Directions are based on the original recipe of 1 serving

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