

Vegan Ice-Blended Coffee Protein Shake

submitted by ShannonM



Per serving: 291 Calories • 40.9g Carbs (5g Fiber) • 4.3g Fat • 23.5g Protein

Ingredients

Ingredients scaled to: 1 Shake

- 1 medium (7" to 7-7/8" long) **Banana** (118 grams)
- 1 cup **Almond milk** (240 grams)
- 5 cube **Ice cubes** (111 grams)
- 1 packet **Coffee** (2 grams)
- 1 serving **Plant Vegan Protein Powder** (30 grams)
- 1 tsp **Stevia Sweetener** (1 grams)

Directions

Directions are based on the original recipe of 1 Shake

1. Slice banana and set aside.
2. Pour the milk into a blender, add the sliced banana and 5 ice cubes.
3. Mix the milk, banana and ice mixture for 2 seconds and then stir.
4. Add the instant coffee powder, stevia sweetener, and protein powder to the glass/shaker/blender.
5. Blend the mixture until the desired consistency is achieved.
6. Enjoy!
7. Note: Frozen bananas work best; for a thicker shake use more frozen banana or protein powder.