

RECIPE

# Protein Shake



1 Serving

Calories: 250-300cals

Protein: 20g

Fat: 6g

## Ingredients

- 1 ½ cup mixed fruit
- ½ cup Greek yogurt
- ¾ cup coconut or almond milk
- 1 ½ Tablespoon peanut/almond butter
- Dash of cinnamon

## Preparation

1. Mix all ingredients together in a blender

## Tips

For extra protein, add one scoop of protein powder