



Peach Creamsicle Protein Shake

<u>U.S.</u>		<u>Metric</u>
1/4 cup	Milk, 1%	60mL
1 tsp	Vanilla Extract	1mL
1 scoop	Vanilla Protein Powder	1 scoop
3/4 cup	Greek Yogurt, plain, fat-free	185mL
1 1/4 cup	Peaches, frozen	284mL
1 each	Clementine, peeled	1 each

Preparation:

1. Gather all ingredients and equipment.
2. Add all ingredients to a blender. Blend until smooth. Serve immediately. Enjoy!

Nutrition Facts

2 Servings

Serving size **8 ounces**

Amount per serving

Calories **160**

Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	15 mg
Sodium	70 mg
Total Carbohydrate	19 g
Dietary Fiber	2 g
Total Sugars	8 g
Includes 0 g Added Sugars	
Protein	18 g
Vitamin D	0 %
Calcium	11 %
Iron	0 %
Potassium	400 mg
Phosphorus	35 mg
