



Peach Creamsicle Protein Shake

U.S.

1/4 cup
1 tsp
1 scoop
3/4 cup
1 1/4 cup

Orange Juice
Vanilla Extract
Vanilla Protein Powder
Greek Yogurt, plain, fat-free
Peaches, frozen

Metric

60 mL
1 mL
1 scoop
185 mL
284 mL

Preparation:

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

Nutrition Facts

4 Servings

Serving size 4

Amount per serving

Calories 80

Calories from Fat 0

Total Fat 0 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 30 mg

Total Carbohydrate 8 g

Dietary Fiber 1 g

Total Sugars 3 g

Includes 0 g Added Sugars

Protein 11 g

Vitamin D 0 %

Calcium 4 %

Iron 0 %

Potassium 211 mg

Phosphorus 3 mg