



HEALTHY PROTEIN SHAKES & SMOOTHIE RECIPES

CINNAMON ROLL PROTEIN SHAKE by BODY360 FIT RECIPES

Ingredients

- 1 cup unsweetened vanilla almond milk
- 1 medium banana
- 1/2 teaspoon cinnamon
- 1 scoop vanilla protein powder
- 1 cup crushed ice
- 1 teaspoon vanilla extract

Directions

1. Measure and prepare almond milk, banana, cinnamon, protein powder, vanilla extract and crushed ice.
2. Add ingredients to blender or electric mixer. Mix for approximately 30 seconds.
3. After blending pour shake into your favorite glass or shaker bottle and finish with a touch of cinnamon.

PREPARATION: 2 MIN

Note: For added thickness and consistency blend for an extended period of time.

HEALTHY PROTEIN SHAKES & SMOOTHIE RECIPES



CAFE MOCHA PROTEIN SHAKE by BODY360 FIT RECIPES

Ingredients

- 3/4 cup unsweetened vanilla almond milk
- 1/4 cup coffee (room temp)
- 1/2 teaspoon cocoa
- 1 scoop chocolate whey protein powder
- 4 ice cubes
- 1 teaspoon vanilla extract

PREPARATION: 2 MIN

Directions

1. Measure and prepare almond milk, protein powder, coffee, vanilla extract and crushed ice.
2. Add ingredients to blender or electric mixer. Mix for approximately 30 seconds.
3. After blending pour shake into your favorite glass or shaker bottle and finish with a 1/2 teaspoon of cocoa

Note: For added thickness and consistency blend for an extended period of time.



HEALTHY PROTEIN SHAKES & SMOOTHIE RECIPES

BANANA CREAM SMOOTHIE by BODY360 FIT RECIPES

Ingredients

- 1 cup unsweetened vanilla almond milk
- 1/2 plain greek yogurt
- 1 medium frozen banana
- 1 scoop vanilla whey protein powder
- 2-3 ice cubes
- 1 teaspoon vanilla extract

Directions

1. Measure and prepare almond milk, protein powder, banana, greek yogurt, vanilla extract and crushed ice.
2. Add ingredients to blender or electric mixer. Mix for approximately 30 seconds.
3. After blending pour shake into your favorite glass or shaker bottle.

PREPARATION: 2 MIN

Note: For added thickness and consistency blend for an extended period of time.