

Banana Blueberry Protein Shakes

2 cups milk of choice (skim, almond, coconut, soy)

2 scoops of vanilla protein powder (I use whey protein)

1 cup of fresh blueberries

1 large ripe banana, peeled and cut into chunks (best if the banana is frozen)

3/4 cup of ice cubes

Directions

1. Add all ingredients to a blender and blend until smooth. Pour into chilled glasses and enjoy.