

Blueberry Protein Shake

Prep time 5 mins
Cook time 5 mins
Total time 10 mins



Here's one of my favorite fruity protein shakes - the Blueberry Protein Shake.

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Recipe type: Easy

Serves: 1

Ingredients

- $\frac{3}{4}$ cup vanilla almond milk
- $\frac{1}{2}$ cup vanilla Greek yogurt
- 1 scoop vanilla protein powder (I recommend Dymatize ISO-100 Gourmet Vanilla)
- 1 tsp. honey (optional)
- $\frac{3}{4}$ cup frozen blueberries
- 3-4 ice cubes

Instructions

1. Starting with the almond milk, place all the ingredients into a blender. Depending on your blender's settings, first start on the chop mode to chop up the ice and frozen blueberries, followed by pureeing the mixture to create a smooth, even consistency.
2. In order to get your preferred consistency, you can also start by not adding any ice, following the other steps above. Once all other ingredients are mixed together, slowly add the ice, mix and then test. Continue to add more ice cubes until the desired consistency is met.
3. If too thick, you can add some more almond milk, little by little. If not sweet enough, add a little more honey.