

CHOCOLATE BLUEBERRY PROTEIN SHAKE

(THAT TOTALLY TASTES DELICIOUS)

This chocolate blueberry protein shake recipe will make you a believer that protein shakes and smoothies really can taste good and be healthy!

Ingredients

- 1/2 cup ice (or use frozen blueberries)
- 1/2 cup fresh (or frozen) blueberries that have been washed if fresh
- 1 small handful (about 1/4 cup) baby spinach that has been washed
- 1 scoop chocolate whey protein powder (or whatever one serving size is equal to as listed on the container)
- 1/2 - 3/4 cup milk (can use water but milk tastes better)



Instructions

1. Place all ingredients in a blender and blend on high until the desired consistency, adding more milk to thin the shake out, or more ice to make it thicker.
2. Pour into glass and enjoy! If you like a really smooth shake, you can strain the mixture first.