

Peach Pie Protein Shake

- Prep time 5 mins
- Total time 5 mins

Rich and creamy Peach Pie Protein Shake recipe is packed full of protein and tastes like a slice of peach pie in a glass!

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Recipe type: Beverage

Serves: 1 large or 2 small

Ingredients

- ½ cup Friendship Dairies low-fat cottage cheese
- 2 tablespoons vanilla protein powder (optional)
- ¾ cup fresh or frozen peaches
- ½ teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- ½ teaspoon vanilla extract
- 2 teaspoons of sugar (or sweetener of choice)
- 1 cup milk
- 5-10 ice cubes (use more for thicker shake)

Instructions

Put all ingredients in a blender and blend until it has reached a smooth and creamy consistency. Garnish with a slice of peach, if desired. Pour into glass(es) and serve.

