

# Strawberry Protein Shake

- Prep time 5 mins
- Cook time 5 mins
- Total time 10 mins
- Serves: 1

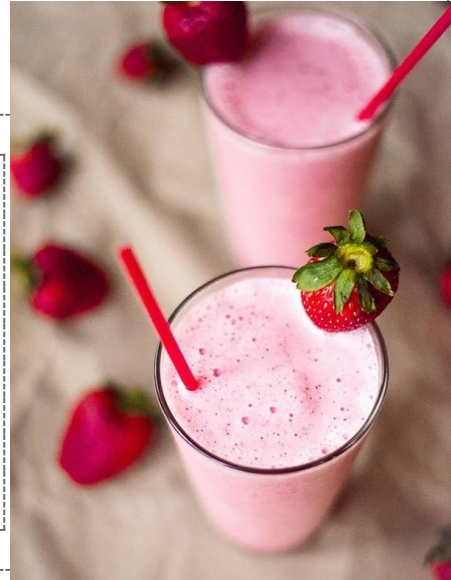
This Strawberry Protein Shake recipe is easy to make and delicious.

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Recipe type: Easy

Difficulty Level: Breakfast

- ½ cup vanilla flavored almond milk
- ½ cup strawberry (or vanilla) flavored Greek yogurt (I use Greek Gods Strawberry Honey)
- 1 scoop vanilla protein powder
- 1 tsp. honey
- ¾ cup frozen strawberries (or mixed berries, if you prefer)
- 3-6 ice cubes, depending on how thick you like your shakes (I use 5)



1. Starting with the almond milk, place all the ingredients into a blender. Depending on your blender's settings, first start by chopping up the ice and frozen strawberries, 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.