Creamy Almond-Peanut Protein Shake

A low-sugar, high-protein smoothie blending almond milk and peanut butter for a satisfying muscle-supporting treat.

Servings: 2 **Time:** 5 minutes

Ingredients

- 1 1/2 cups unsweetened almond milk
- 2 tbsp natural peanut butter (no sugar added)
- 1 scoop vanilla whey protein powder
- 1/4 tsp cinnamon
- 1/2 tsp pure vanilla extract
- 4-5 ice cubes
- Optional: 1 tbsp chia seeds

Instructions

1. Add almond milk, peanut butter, protein powder, cinnamon, and vanilla extract into a blender.
2. Add ice cubes and optional chia seeds for extra fiber and texture.
3. Blend on high until smooth and creamy, about 30-45 seconds.
4. Pour into two glasses and serve immediately.

powered by dishgen