Berry Power Protein Shake

A creamy, low-carb protein-packed smoothie bursting with mixed berry flavor, perfect for a quick muscle-fueling boost.

Servings: 2 **Time:** 5 minutes

Ingredients

- 1 cup mixed berries (fresh or frozen)
- 5 oz Greek yogurt (plain, non-fat)
- 1 scoop vanilla protein powder (whey or plant-based)
- 1 cup unsweetened almond milk
- 1/2 tsp pure vanilla extract (optional)
- Ice cubes (optional, for thicker texture)

Instructions

1. Add mixed berries, Greek yogurt, protein powder, and almond milk to a blender.
2. Add vanilla extract if using, and a few ice cubes for thickness if desired.
3. Blend on high until smooth and creamy, about 30 seconds.
4. Pour into two glasses and serve immediately.

powered by dishgen