Protein-Powered Strawberry Shake

A creamy, low-carb strawberry smoothie packed with protein and omega-3 for a lean muscle boost.

Servings: 2 **Time:** 5 minutes

Ingredients

- 1 cup fresh strawberries, hulled
- 1 scoop vanilla protein powder
- 1 tablespoon ground flaxseed
- 1 cup unsweetened almond milk
- 1/2 cup ice cubes

Instructions

1. Add the fresh strawberries, protein powder, ground flaxseed, almond milk, and ice cubes to a blender.
2. Blend on high speed until smooth and creamy, about 30-45 seconds.
3. Pour into two glasses and serve immediately.

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