



STRAWBERRY CHEESECAKE PROTEIN SHAKE

 1 serving
(approx 4 cups)

 5 minutes

**421 calories, fat 5g, carbs 55g, sugar 36g,
fiber 10g, & protein 37g**

INGREDIENTS

- 1.5 cups whole frozen strawberries
- 1/2 cup frozen sliced banana
- 1/4 cup ProCare Health Vanilla Protein Powder (1 scoop)
- 1/3 cup nonfat Greek yogurt
- 1 cup unsweetened almond milk or 1% milk
- Optional topping: crushed graham crackers or whipped topping

INSTRUCTIONS:

Place all ingredients into a high-speed blender and blend until smooth. Add more almond milk as needed depending on preference.

TIPS & NOTES:

1. Add less fruit for less carbohydrates.
2. Add more Protein Shake Mix for extra thickness and extra protein.
3. May use Chobani Flip Yogurt - Strawberry Cheesecake Flavor with topping (for extra flavor)!
4. Spray on some whipped topping to add pizzaz!

Experiment to find the perfect consistency and find what works great for you!

NOTES

What's better than cheesecake for breakfast? NOTHING! You're going to love this Strawberry Protein Shake because it tastes just like strawberry cheesecake.