



Key Lime Protein Shake

A great citrus snack for at home or on the go!

U.S.

5 Tbsp (about 2 limes)	Lime Juice, fresh
3/4 cup	Greek Yogurt, non-fat, plain
1/4 cup	Almond Milk, unsweetened
1 cup, loosely packed	Spinach
1 scoop (30g)	Whey Protein Powder, vanilla
1 cup	Frozen Cauliflower Florets

Metric

75mL
177mL
59mL
225g
1 scoop
68g

Preparation:

1. Gather all ingredients and equipment.
2. Add all ingredients to a blender and blend on high speed until smooth.
3. Serve and enjoy!

Chef's Note: If using riced cauliflower, use 1/3 cup (34g).

Nutrition Facts

2 Servings

Serving size **8 ounces**

Amount per serving

Calories **120**

Total Fat 1.5 g

 Saturated Fat 0.5 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 35 mg

Sodium 100 mg

Total Carbohydrate 8 g

 Dietary Fiber 0 g

 Total Sugars 4 g

 Includes 0g Added Sugars

Protein 20 g

Vitamin D 0 %

Calcium 22 %

Iron 4 %

Potassium 300 mg

Phosphorus 15 mg
