

Fruity Protein Shake

PREP TIME: 5 MINS

YIELDS: 1 SERVING



Children's Hospital
of Philadelphia®

Culinary Medicine

Recipe by Chef Paige Mountain

Ingredients

1 cup Greek yogurt, plain, whole milk

1 cup high-protein milk (see tips/adjustments section)

1/2 cup blueberries, or fruit of choice



Directions

1. Blend all ingredients together in a blender.
2. Add filtered water as desired to thin texture.
3. Serve right after blending or create frozen protein popsicles by freezing in popsicle molds.

Chef Tips/Adjustments

- Any brand of high protein milks will work well, however any milk can be used.
- Whole milk Greek yogurt is used for the calorie boost, however non-fat or leaner yogurts can be used as well; which would decrease fat content of recipe.
- Add water or additional milk/liquid as desired to create a thinner texture.
- Flavored yogurts can be used, though sometimes they can hide quite a bit of added sugar.
- Heavy cream can be added for a calorie boost.

Nutrition Content for 1 Recipe

Calories: 359kcal Carbohydrates: 32g
Fat: 16g Protein: 23g
Fiber: 5g Added sugar: 0g
Sodium: 300mg

Qualities

Texture: Liquid/Thick

Rating for Scent : 2/10

Spice Level: 0/10