

Low-Carb Vanilla Protein Shake (3g Net Carbs) with Organic Whey Protein



Prep Time

2 minutes

Total Time

2 minutes

Servings

1

Allergens

Peanut-free, seafood-free, shellfish-free, egg-free, soy-free, gluten-free

Required Equipment

Blender bottle



Nutrition

155 Calories

5g Fat

21g Protein

3g Net Carbs

Ingredients

- 1 scoop of Natural Force Organic Vanilla Whey Protein
- 12 oz Unsweetened Almond Milk (cold)
- Pinch of Cinnamon
- 2 ice cubes

Instructions

1. Combine all ingredients in a Blender Bottle or Mason jar.
2. Shake for approximately 20 seconds or until all ingredients are evenly combined.