



# VANILLA PROTEIN SMOOTHIE

By Dr. Cindy Tanzar  
(Standard)

Makes 1 serving covering your protein.



## INGREDIENTS

- 2 Scoops Vanilla Protein Powder
- 10 oz unsweetened coconut, almond or cashew milk
- 1 teaspoon vanilla extract
- 1 Cup ice
- Stevia to taste

## INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.