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Quick Recipe: Super Peach Shake

Ingredients:

Peach, peeled 1/2
Flaxseed oil 1 tbsp
Vanilla protein powder 1 scoop
Frozen strawberries 6
Water 1 cup

Directions:

1. Combine all ingredients in a blender until smooth.
2. Pour it in a glass, pop in a straw, and enjoy!

Nutrition Facts:

Serving size: 1 shake
Recipe yields: 1 serving
Calories: 336
Fat: 15 g
Carbs: 34 g
Protein: 22 g