



Recipe Info

Yield: 1
Calories: 310

Ingredients

- 1 banana, frozen
- 1 1/2 cup mixed berries, frozen
- 2 tsp chia seeds
- 2 tsp milled flax seeds
- [2 scoops Vanilla Milkshake Protein Powder](#)
- 1/4 cup strawberry greek yogurt
- 1 cup oat milk

Directions

1. Place everything in the blender and blend until smooth.

Credit: fitfoodiefinds.com

Nutritional Information

Calories: 310 **Carbs:** 41g **Sugars:** 26.5g **Fat:** 6.5g **Protein:** 23.5g

More Vanilla Milkshake Protein Powder Recipes