

**HIGH PROTEIN SHAKE**

High energy, high protein shake.

 5 minutes 5 minutes 1 portion**INGREDIENTS**

- 50 grams of banana, raw
- 2 scoops of whey protein powder [39 g]
- 2 tablespoons of yogurt, Greek style, plain [90 g]
- 100 grams of milk drink, fermented, with probiotics
- 1/2 cup, unthawed of blueberries, frozen, unsweetened [78 g]
- 1 tsp, ground of seeds, flaxseed [3 g] or LSA
- 5 grams of seeds, chia seeds, dried
- 1 cup of milk, 2% milk [no less than 2%]

COOKING METHOD

1° Mix all ingredients together in a blender. Serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (609 g)	% DRI
ENERGY	98 kcal	599 kcal	30 %
FAT	3 g	20 g	32 %
FATTY ACIDS, TOTAL SATURATED	2 g	11 g	56 %
CHOLESTEROL	19 mg	115 mg	38 %
SODIUM	62 mg	377 mg	16 %
CARBOHYDRATE	10 g	61 g	20 %
SUGARS	9 g	53 g	—
FIBER	1 g	5 g	22 %
PROTEIN	8 g	46 g	—