

Weight Loss Shake Recipe: Easy Vanilla-Banana Shake



1 portion contains approximately: 224 calories - 28 g protein - 4 g fat - 17 g carbohydrate

Ingredients (for 1 person)

- **8 Tbsp** almond-vanilla Almased powder
- **10-12 oz** bottled or filtered water or unsweetened almond milk
- **1 tsp** ground flaxseeds
- **1/2 tsp** banana flavor extract



Preparation

Into a blender or shaker cup, add liquid, powder, flaxseeds, and banana extract. Blend for 10-12 seconds, then pour into a cup and enjoy!

Prep Time: Under 3 minutes

Blend Time: 15-30 seconds

* The shakes should be prepared with your individual serving size. See 'How to properly dose your Almased shake' for dosing instructions. Please keep in mind that this will also change the nutritional information of the shakes.