

# Protein Shakes

- Prep Time: 3 minutes
- Cook Time: 0 minutes
- Total Time: 3 minutes
- Servings: 1



## Ingredients:

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### Chocolate Peanut Butter Protein Shake:

- 8 ounces water
- 2 scoops Elevation by Millville Chocolate Protein Powder
- 1/2 banana
- 8 ice cubes
- 1 tablespoon Simply Nature Organic Creamy Peanut Butter

### Pumpkin Pie Protein Shake:

- 6 ounces water
- 2 scoops Elevation by Millville Vanilla Protein Powder
- 1/2 banana
- 8 ice cubes
- 2 tablespoons Baker's Corner 100% Pure Canned Pumpkin\*
- 1/2 teaspoon Stonemill Pumpkin Pie Spice\*

### Strawberry Banana Protein Shake:

- 8 ounces water
- 2 scoops Elevation by Millville Vanilla Protein Powder
- 1 banana
- 6 strawberries (about 1 1/4 cups)
- 8 ice cubes

### Super Green Chocolate Protein Shake:

- 8 ounces water
- 2 scoops Elevation by Millville Chocolate Protein Powder
- 1/2 banana
- 8 ice cubes
- 1 cup Simply Nature Organic Baby Spinach
- 1 cup Simply Nature Organic Kale

**\*These are Seasonal items that are only in stores for a limited time and may no longer be available.**

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## Directions:

1. Choose your favorite flavor combination and combine all ingredients in a blender. Blend for one minute and enjoy.



Recipe Courtesy of:  
ALDI Test Kitchen