

Dairy-Free Morning Sunshine Shake



Recipe:

Dairy-Free Morning Sunshine Shake

Serves: 1

Serving Size: 12-ounce glass

Ingredients:

- 1 banana
- 2 tablespoons non-dairy protein powder of your choice
- ½ cup orange juice
- 1 cup soy yogurt
- 1 cup ice cubes

Instructions:

1. Place all ingredients in a blender
2. Cover and blend on high until smooth
3. Chill before serving

Nutrition Facts:

Calories 420

Fat 66 (g)

Carbohydrate 89 (g)

Protein 20 (g)

Sodium 226 (mg)

Percent Calories

Fat: 11%

Carbohydrates: 72%

Protein: 17%

Submitted by Joseph Gonzales, RD; Edited by student Sarah Pennington on behalf of ON DPG