

Dairy-Free Strawberry Fields Shake



Recipe:

Dairy-Free Strawberry Fields Shake

Serves: 1

Serving Size: 12-ounce glass

Ingredients:

- 1 medium banana
- $\frac{3}{4}$ cup frozen strawberries
- 2 tablespoons non-dairy protein powder of your choice
- 1 cup soy milk or plant-milk of choice (almond, coconut, etc)
- $\frac{1}{2}$ cup orange juice
- $\frac{1}{4}$ cup coconut milk
- 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

Fat 162 (g)

Carbohydrate 75 (g)

Protein 22 (g)

Sodium 262 (mg)

Percent Calories

Fat: 28%

Carbohydrates: 55%

Protein: 17%

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