



Banana and Cinnamon Protein Milkshake

Ingredients

Skim milk 4 oz.

Low-fat vanilla frozen yogurt 1/2 cup

Hydra 6 Killa Vanilla 1 scoop

Banana 1/3

Ice cubes 6

Cinnamon to taste

Directions

1. Blend all ingredients.
2. Top with more cinnamon to taste. Drink and enjoy!

Nutrition Facts

Serving size: 1 shake

Recipe yields 1 serving

Calories 168

Fat 3.5 g

Carbs 18.5 g

Protein 15.5 g