



## **Banana Protein Shake**

### **Ingredients:**

- 30g protein powder (plain or vanilla)
- 8 oz light soy milk
- 1 tbsp linseed, soy and almond mixture
- 1 tsp golden syrup
- Few drops vanilla essence/extract
- 3-4 cubes ice
- 1 tbsp low fat natural yogurt (optional depending on diet)

Throw into blender for several minutes. Solid filling shake with zero fat and plenty of energy. Great as a meal replacement or after workout snack!