



BODYBUILDING.COM™

Golden Protein Shake

Serving size: 1 shake
Recipe yields 1 serving

Ingredients

1/2 cup almond milk
1/2 cup Greek yogurt
1/2 tsp vanilla
1 small banana
1/2 tsp turmeric
Small pinch black pepper
1 scoop Signature Vanilla Casein
1 scoop Signature Glutamine
1/4 tsp cinnamon
1/2 cup ice

Directions

1. Place all ingredients in a blender and blend until smooth.