



Chocolate Peanut Butter Blueberry Vega Protein Shake

Ingredients:

½ c. almond milk – unsweetened (30
calorie)
½ c. water

1 scoop Vega Protein & Greens –
chocolate
½ c. blueberries
1 T. natural peanut butter

Place all ingredients in a blender and blend until smooth. Add ice before blending for colder version. Can substitute other fruits such as strawberries, raspberries or mango. The Vega Protein and Greens also comes in vanilla.

Quick and easy for a great well balanced breakfast!