

Strawberry Shake

Who doesn't love a strawberry shake? The frozen berries and ice cubes makes this drink smooth and creamy—just like the ice cream version but without the extra fat and calories.

Serves: 1

Ingredients

- 4 large organic frozen strawberries, unsweetened
- 8 ounces cold organic nonfat milk
- 2 tablespoons [vanilla protein powder](#)
- 1 teaspoon organic honey
- 3 ice cubes

Directions

1. Blend to desired consistency and enjoy!

