

# Selah V. Fitness - Recipes

## **SELAH'S PROTEIN SHAKE RECIPE**

### INGREDIENTS

1 C. Unsweetened Almond Milk  
1 Scoop Vegan Protein Powder  
3/4 cup of frozen unsweetened fruit or ice  
1 scoop of Green Vibrance  
Stevia to taste

### DIRECTIONS

Combined all in a blender and blend.

*\*\*\*You can vary this in so many ways...do banana and PB2 with a chocolate protein powder for a Reese's type shake. Do a Strawberry protein powder with frozen mango for a Tropical Shake. The possibilities are endless ☺*