

# Protein Soy Shake

Adapted from: Dr. Scott Banks  
Category: Breakfast Drink

Servings: 1  
Prep time: 3 minutes

## Ingredients

- 2 scoops whey protein complex
- 8 oz unsweetened soy milk
- ½ medium banana
- 8 medium strawberries (or 4 T blueberries)
- 1 Tablespoon yogurt, if desired

## Instructions

Freeze bananas and strawberries overnight.

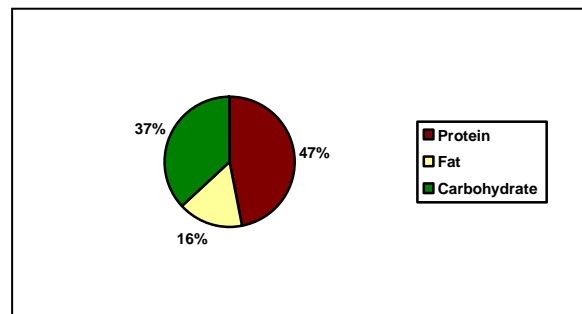
Place frozen fruit in blender. Add whey protein complex, soy milk, and yogurt. Blend well.

Pair with 1 slice 100% whole grain bread and 1 tablespoon almond butter.\*

## Nutritional Facts Per Serving

### Recipe Only:

*Serving Size: 1 shake*  
Sugar:Fiber = 4:1  
Mono:Sat = 0:2  
Calories: 350  
Carbohydrates (g): 34  
Fat (g): 7  
Cholesterol (mg): 60  
Protein (g): 43  
Sodium (mg): 200



### \*Recipe + Pairing:

*Serving Size: 1 shake, almond butter, bread*  
Sugar:Fiber = 2:1  
Mono:Sat = 3:1  
Calories: 540  
Carbohydrates (g): 52  
Fat (g): 18  
Cholesterol (mg): 60  
Protein (g): 50  
Sodium (mg): 300

