



Orange Julius Protein Shake

“I just love Orange Julius, it is borderline addiction. But these contain lots of sugar and empty unwanted calories. I made my own simple, healthier version and I find it irresistible! If you’re looking to copy the flavor of an Orange Julius, get a protein punch after a hard workout, or just have a better-for-you drink, this is for you!” – Kelly Mays

Prep Time: 5 min

Cook Time: 5 min

Ready In: 5 min

Serving Size: 2 servings

Ingredients

- 1 cup of coconut milk (sugar free)
- 1 cup of freshly squeezed orange juice (roughly 5-7 oranges)
- 1 scoop of protein powder of choice
- 1 teaspoon of vanilla extract
- 1 frozen banana (pre-sliced)

Directions

1. Add liquids then protein powder to blender and mix.
2. Then add in the frozen banana chunks and blend until smooth and frothy.

Nutrition

Amount per serving

- ❖ Calories: 180
- ❖ Total Fat: 5 g
- ❖ Total Carbs: 22 g
- ❖ Protein: 14 g
- ❖ Sodium: 102 mg