



Peach Cobbler Protein Shake

“A great breakfast for on the go, packed with protein and very filling, without excessive amounts of unwanted sugar. Oh yeah, the taste is amazing, especially with fresh Colorado Peaches!” - Kelly May

Prep Time: 5 min. Cook Time: 5 min. **Ready In: 10 min.**

Serving Size: 1 serving

Ingredients

- ✓ ½ cup of Peaches (fresh, canned, or frozen)
- ✓ ½ cup cottage cheese
- ✓ 1 Scoop of vanilla whey protein powder
- ✓ ½ tsp. Cinnamon
- ✓ ½ tsp. Vanilla extract
- ✓ 1 cup water
- ✓ 1 cup ice cubes or crushed ice
- ✓ ½ Tbsp. of agave nectar (can substitute honey)

Directions

1. Add all ingredients into a blend and blend until creamy consistency is reached and enjoy!

Nutrition

Amount per serving

- ❖ Calories: 269
- ❖ Total Fat: 4.5 g
- ❖ Total Carbs: 29 g
- ❖ Protein: 29 g
- ❖ Sodium: 418 mg