

Recipes for Shakes Without Dairy

To make each of these shakes, combine all ingredients in a blender and blend until smooth.

Banana Nut Shake

- 1 frozen banana
- 2 tablespoons peanut butter
- 2 tablespoons nondairy protein powder of your choice
- 1 cup soy milk or plant milk of choice

Yield: One 12-ounce serving

Nutrition information per serving: 220 calories, 10 grams protein

Morning Sunshine

- 1 frozen banana
- 2 tablespoons nondairy protein powder
- ½ cup orange juice
- 1 cup soy yogurt

Yield: One 12-ounce serving

Nutrition information per serving: 420 calories, 20 grams of protein

Blueberry Blast Shake

- 1 medium banana
- ¾ cup frozen blueberries
- 2 tablespoons non-dairy protein powder of your choice
- 1 cup soy milk or plant milk of your choice (almond, coconut, etc)
- ½ cup apple juice
- 1 cup ice cubes

Yield: One 12-ounce serving

Nutrition information per serving: 377 calories, 19 grams protein

Phytochemical Super Shake

- ⅓ cup silken tofu
- 4 to 6 baby carrots
- ¾ cup to 1 cup fresh or frozen mixed berries
- 1 tablespoon oat bran
- 1 tablespoon ground flaxseed
- ¾ cup fortified plant-based milk (such as soy)
- ½ cup to 1 cup orange juice or blueberry juice

Yield: One 12-ounce serving

Nutrition information per serving: 400 calories, 18 grams of protein

Mango Madness Shake

- 1 medium frozen banana
- 1 cup frozen or fresh mango
- 2 tablespoons nondairy protein powder
- ½ cup apple juice
- 1 cup soy milk or plant milk of choice

Yield: One 12-ounce serving

Nutrition information per serving: 425 calories, 20 grams of protein

