

Ginger-Peach Protein Shake

1 C almond milk
1/2 C Greek yogurt
1 scoop vanilla protein powder (or your preferred flavor)
1/2 C brewed Ginger-Peach Scones tea (cooled)

1/2 C frozen peaches
1/2 banana
1 T honey (optional, for sweetness)
1/2 t ground ginger (optional, for extra ginger flavor)

BREW THE TEA:

Brew a strong cup of Ginger-Peach Scones tea and let it cool. You can prepare this in advance and store it in the refrigerator.

BLEND THE INGREDIENTS:

In a blender, combine the almond milk, Greek yogurt, protein powder, brewed tea, frozen peaches, banana, honey, and ground ginger.

BLEND UNTIL SMOOTH:

Blend on high until the mixture is smooth and creamy.

SERVE:

Pour into a glass and enjoy immediately.

NOTE ON PROTEIN POWDER

You can find protein powder at most grocery stores, health food stores, or online retailers. A well-reviewed option is **Transparent Labs Whey Protein Isolate**, which is praised for its high protein content and quality ingredients. Another excellent choice is **Orgain Organic Protein Plant Based Protein Powder**, known for its plant-based ingredients and great taste.