

Cinnamon Roll Shake

Ingredients

- 1 cup unsweetened almond milk (or any milk of your choice)
- 1 scoop vanilla protein powder
- 1/2 banana
- 1 tbsp oats
- 1/2 tsp ground cinnamon
- 1 tsp honey or maple syrup (optional)

Instructions

- 1. Combine all ingredients in a blender.
- 2. Blend until smooth.
- 3. Pour into a glass and enjoy immediately.

Macros (per serving, serves 1)

- Calories: 270
- Protein: 24g
- Carbs: 32g
- Fat: 7g

Shopping List

- Unsweetened almond milk (or any milk of your choice)
- Vanilla protein powder
- Bananas
- Oats
- Ground cinnamon
- Honey or maple syrup (optional)

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The provided macronutrient values are estimated and may not be completely accurate. Factors such as specific ingredient brands, variations in ingredient sizes, and cooking methods can affect the actual nutritional content of the recipes. For precise nutritional information, please consult a registered dietitian or use a verified nutrition calculator based on the specific ingredients and quantities you use.