



COCONUT LIME PROTEIN SHAKE



INGREDIENTS

ITEM

QUANTITY

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| • Lactose-free Milk | ½ Cup |
| • Unsweetened Canned Coconut Milk | ¼ Cup |
| • Strawberries | ½ Cup |
| • Low-fodmap-certified Vanilla Protein Powder | 1 Scoop |
| • Fresh Lime Juice | 1 Tbsp. |
| • Finely Grated Lime Zest | ½ Tsp. |
| • Pure Maple Syrup, optional | 1 Tsp. |
| • Ice | ½ Cup |

SERVING SIZE

1



PREPARATION

- Add the lactose-free milk, coconut milk, strawberries, protein powder, lime juice, lime zest, maple syrup, and ice to a blender.
- Blend for 45-60 seconds, until smooth and creamy.
- Add a small splash of lactose-free milk if needed to reach your preferred consistency.