

Fitness Recipe: Raspberry-Coconut Shake



Nutrition Facts

Amount Per Shake

Calories	412 kcal
Protein	19.2 g
Carbohydrate	38.9g
Fat	20.2g
Dietary Fiber	13.8g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 100g Raspberries
- 1 Banana
- 120g Curd cheese (low-fat)
- 30g Shredded coconut
- 100ml Water

Preparation:

Cut the banana into pieces. Put all the ingredients into the blender, fill it up with 100ml of water and mix it for about 1 minute. This [Fitness Shake](#) contains 412 calories and consists of healthy proteins, carbohydrates, fatty acids and dietary fibers. If you want to know your needed calorie intake to gain muscle or to lose fat, check out our [Calorie Calculator](#). Enjoy this Raspberry-Coconut Shake and stay fit!

Product recommendation for this Fitness Shake: