

Homemade Protein Shake (with Omega-3 fatty acids)



Nutrition Facts

Amount Per Shake

Calories	296 kcal
Protein	24.1g
Carbohydrate	27.1g
Fat	10.2g
Dietary Fiber	7.3g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients for the Homemade Protein Shake:

- 200ml Water
- 50g Raspberries
- 30g Instant Oats
- 25g Whey Protein Coconut Crisp
- 5ml naturalFIT OIL
- 5g Chia Seeds
- Bourbon Vanilla
- Cinnamon

Preparation of the Protein Shake:

Put all the ingredients into a blender.

Fill it up with about 200ml of water and mix it about 30 seconds. Alternatively you can use milk instead of water (the Nutrition Facts are for a protein shake with water).

This homemade shake contains lots of proteins, complex carbs and healthy Omega-3 fatty acids.

Enjoy it and stay fit!