



Vanilla Peanut Butter Shake

Ingredients

- 1 cup unsweetened almond milk (or any milk of your choice)
- 1 scoop (about 10g) of ESC collagen peptides
- 1 tablespoon almond butter or peanut butter
- 1/2 teaspoon vanilla extract
- 1-2 teaspoons honey or a sweetener of your choice (optional, depending on taste)
- Ice cubes (optional)

Directions

1. Combine Ingredients: In a blender, add the unsweetened almond milk, vanilla-flavored collagen peptides, almond butter, vanilla extract, and honey (if using).
2. Blend Until Smooth: Blend the ingredients on high speed until the mixture is smooth and well combined.
3. Taste and Adjust: Taste the protein shake and adjust the sweetness if needed by adding more honey or your preferred sweetener.
4. Add Ice Cubes (Optional):
5. If you prefer a colder and thicker shake, you can add a handful of ice cubes and blend again until smooth.
6. Pour the vanilla collagen protein shake into a glass and enjoy immediately.

Nutritional Facts	
Servings Per Batch	1
Serving Size	1 Shake
Amount per Serving	
Calories	220
Carbs	14g
Fat	10g
Protein	15g

*Nutritional Facts will vary depending on ingredients