

## [PROTEIN BLENDER RECIPES](#)



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### **High Protein Smoothie Recipes Blender Expert**

This protein smoothie recipe is really simple. Just throw all the ingredients into the blender and process until silky and smooth. The smoothie may be a little frothy, that is to be expected. This recipe makes a 2 and a half cups, which makes about 2 portions.

<http://ebookslibrary.club/High-Protein-Smoothie-Recipes-Blender-Expert.pdf>

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### **Protein Shake Recipes for BlenderBottle**

Similar to our Nutty Monkey shake, the addition of avocado takes this recipe to a new level of thick and creamy decadence. Flavors of chocolate, banana, and peanut flirt with your taste buds, while protein powder, milk, avocado, and nut butter make sure you get plenty of protein, calcium, and healthy fat.

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### **19 Incredibly Easy Blender Recipes That Will Help You Eat**

Aerating your eggs in a blender is the perfect trick to a light, fluffy frittata plus, it's so much faster than using a whisk. Find the recipe here, via Love and Lemons.

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### **Best Blender For Protein Shakes and Protein Smoothies**

The Best Blenders for Icy Protein Shakes. Some protein shake recipes include tougher ingredients such as fibrous celery or beet. Or, you may simply enjoy a chilled drink and choose to add ice cubes. Immersion blenders will not do a great job at these tougher ingredients, but the three blenders below are the perfect solution.

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### **10 Easy Protein Shake Recipes You Can Make Without a**

10 Easy Protein Shake Recipes You Can Make Without a Blender - Fast, easy, delicious and healthy. They are great to mix ahead or on the go.

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### **34 High Protein Smoothie Recipes That Are Easy Greatist**

Protein source: flaxseeds, chia seeds, hemp protein powder Green smoothie ingredients sometimes get a bad rap, but banana and berries mask the bold taste of kale in this recipe.

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