

# Rorie's Meal Replacement Shake

Recipe By Rorie Weisberg



Cooking and Prep:  05  
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Serves:  1

No Allergens

**Preference:** Parve

**Difficulty:** Easy

**Diet:** Vegetarian, Gluten Free,  
Low Fat, Low Carb, Sugar Free,  
Salt Free, Vegan

**Source:** Family Table by  
Mishpacha Magazine

After a proper cardio workout make sure your next meal is nutritious with protein, fat and healthy carbs. If you're on the go and don't have time to sit down for a proper meal instead of grabbing a protein bar or a store bought muffin. Take three minutes to prepare this powerful meal replacement shake.

There are many protein powders on the market from whey to egg white, pea, rice and hemp. The only kind NOT Rorie Recommended is soy... more on that in weeks to come. For now aim for something totally unsweetened as your cleanest choice.

Bananas are the main sweetness source here, so use the higher amount if you like a sweeter smoothie. Bananas are higher in sugar and carbs, so if glycemic load is a concern for you, keep it to 1/4 banana or replace with more berries.

For the almond milk, I'm a huge fan of Califia Farms Unsweetened Coconut Almondmilk. It's super creamy. In my experience it is the best on the kosher market.

## Ingredients (7)

## Main ingredients

- 1-2 ounces avocado AND/OR 1/2 - 1 tablespoon coconut oil or nut/seed buter
  - 1/4-1/2 frozen banana
  - 1/2 cup frozen berries -- any variety or a mixture of several
  - 1/2-1 cup kale or spinach (optional)
  - 1 cup milk of choice
  - 2 scoops protein powder
  - ice, optional, for a thicker smoothie
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## Start Cooking

### Prepare the Shake

1. Place all ingredients in blender, NutriBullet, or food processor fitted with an S blade. Blend and enjoy.