

# PROTEIN PALS RECIPE

## PROTEIN MILKSHAKE

### INGREDIENTS

INGREDIENT	QUANTITY
PROTEIN SUPPLEMENT	1 SCOOP
POWDER	1 CUP
MILK	1
FROZEN BANANA	1 TBSP
PEANUT BUTTER	1 TBSP
HONEY	

### PREPARATION

1. Place the protein supplement powder, milk, banana, peanut butter, and honey in a blender.
  2. Blend on high speed until the mixture is smooth and well combined.
  3. Pour the milkshake into a glass and serve immediately. Enjoy!
- NOTED: all blending process can be done by hand if no blending apparatus available



THIS MILKSHAKE IS A CONVENIENT WAY TO ADD EXTRA PROTEIN TO THE DIET, AND IT IS ALSO A VALUABLE SOURCE OF OTHER NUTRIENTS, DEPENDING ON THE SPECIFIC PROTEIN SUPPLEMENT YOU USE. IT IS EASY TO DRINK AND SWALLOW, MAKING IT SUITABLE FOR ELDERLY INDIVIDUALS WHO MAY HAVE DIFFICULTY WITH MORE TEXTURALLY COMPLEX FOODS. YOU CAN CUSTOMIZE THIS RECIPE BY USING DIFFERENT PROTEIN SUPPLEMENT FLAVOURS OR ADDING OTHER INGREDIENTS, SUCH AS BERRIES OR CHOCOLATE CHIPS.

THIS MILKSHAKE CONTAINS ABOUT 20 GRAMS OF PROTEIN PER SERVING AND ABOUT 300 CALORIES PER SERVING. THE AMOUNT OF PROTEIN AND CALORIES WILL DEPEND ON THE SPECIFIC PROTEIN SUPPLEMENT YOU USE AND THE OTHER INGREDIENTS YOU ADD TO THE MILKSHAKE. FOR EXAMPLE, USING A VANILLA-FLAVOURED PROTEIN SUPPLEMENT POWDER AND ADDING A HANDFUL OF BERRIES WOULD INCREASE THE NUTRITIONAL VALUE OF THE MILKSHAKE.

ELDERLY INDIVIDUALS NEED TO GET ENOUGH PROTEIN IN THEIR DIETS, AS PROTEIN IS ESSENTIAL FOR MAINTAINING MUSCLE MASS AND STRENGTH, AND IT CAN ALSO HELP WITH WOUND HEALING AND IMMUNE FUNCTION. THIS MILKSHAKE IS A CONVENIENT WAY TO BOOST PROTEIN INTAKE, AND IT IS ALSO A GOOD SOURCE OF OTHER NUTRIENTS, DEPENDING ON THE SPECIFIC PROTEIN SUPPLEMENT YOU USE. THE CALORIE CONTENT OF THIS MILKSHAKE IS MODERATE, MAKING IT SUITABLE FOR INDIVIDUALS TRYING TO MANAGE THEIR WEIGHT.