

How To Make A Protein Shake Without Protein Powder

A protein shake is a very easy and a great way to increase protein intake. Protein is a very important nutrient for our bodies.

Usually, people make protein shake adding protein powder and other ingredients but it's not obvious that you need protein powder in your shake all of the time. You can also make a protein shake without protein powder and still can get an adequate amount of protein.

Why you need a protein shake

Protein is a quintessential nutrient in our daily life. It consists of amino acids. Our body needs protein to build and repair tissues. Protein is an important factor in the building of bones, muscles, cartilage, skin, and blood.

According to the [Food and Drug Administration](#) (FDA)—Protein is important for repairing and building our body cells and tissues. In Reference to [Harvard](#), the Recommended Dietary Allowance (RDA) for protein is a modest 0.8 grams of protein per kilogram of body weight.

It's important to keep a moderate amount of protein in our daily meal. Sometimes, we can't be sure that we have taken enough amount of protein in our meal. So, to ensure protein intake in our meal, we can take a protein shake. A protein shake is the easiest way to take in protein through our daily diet. Besides, it tastes good & is easy to make.

We take protein for many different reasons. Some drink protein shake to ensure protein intake, weight loss purpose and many others take it for muscle gain, bodybuilding.

According to your goal, you can take a [protein shake before or after a workout](#).

Also if you are in need of a protein shake to fuel your workout sessions, then you can check out our [Premier Protein Shake Review](#) and see if it's the right protein source for you.

Some High Protein food

To make a protein shake without protein powder, you need to add protein food in your shake. Here are some protein foods that you can add in your protein shake.

Almonds

Almonds are the most popular nut in U.S. Almonds are favorite of dieters for its versatility and health benefits. It provides 6 gm protein (every one-ounce serving).

Almonds are high in healthy monounsaturated fats, fiber, protein, and various important nutrients.

Peanuts

Peanuts are popular & healthy legumes all around the world. They are high in calories and a good source of plant-based protein, fiber, and many important vitamins and minerals. 100 gm of raw Peanuts have 25.8 g protein. Peanuts are an extremely good source of protein. It's low in carb and good for weight loss.

Cottage Cheese

Cottage Cheese has become very popular in the past few decades. Many dieticians recommend cottage cheese as a part of a healthy diet. It's high in protein and low in calories. Low fat (1% milkfat) cottage cheese (226 gms) provides 28 gms protein. It's also loaded with many nutrients, such as the B vitamins, calcium, phosphorus, and selenium.

Pumpkin seeds

Pumpkin seeds are loaded with essential nutrients. 28-gram Pumpkin seed provides 7 Grams Protein and 151 calories. They are high in antioxidants, zinc, iron, magnesium, and many other nutrients. Pumpkin seeds are very easy to add in your daily diet.

Milk

Milk has every single nutrient that our body needs. Milk is a rich source of protein and it has high-quality protein. It provides us with vitamins, minerals, carbs, calcium, riboflavin, and phosphorus.

You can easily add milk to your daily meal plan. In protein shake, milk is a common ingredient.

Greek Yogurt

Yogurt is a popular fermented dairy product made by milk. It has a lot of nutritional value. People love to add yogurt in their meal as it's super tasty and beneficial for health.

Yogurt is high in protein. It contains various amounts of healthy fat, vitamins, minerals, and many other important nutrients.

One Cup (245 Grams) of plain yogurt contains 8.5 Gram protein. Yogurt in a protein shake is a very popular ingredient all over the world.

Fruits

Fruits can be a good source of protein in our protein intake but they are not as high as chicken, seafood, eggs, greek yogurt. But many fruits have a decent amount of protein and you can add them in your protein shake to boost your protein intake.

Some high protein fruits are guava, banana, avocado, apricot, blackberry, orange, kiwifruit, raspberries & peaches. These fruits are tasty and protein-filled.

Leafy Greens

You can add some vegetables to your protein shake. They are not high in protein still they can give you a moderate amount of protein. Kale and spinach have a good amount of protein. You can add them to your protein shake.

Protein shake recipes without protein powder

To make your struggle easy, I have added some easy and super tasty recipes that don't need any kind of protein powder still provides you an excellent amount of protein.

Chocolate Peanut Butter Protein Shake

Chocolate is something that everyone loves. Chocolate peanut butter protein shake is delicious and packed with a lot of protein & other important nutrients.

Ingredients:

1. 1 Banana (Peeled, chopped, Frozen)
2. 2-3 Tablespoons Cocoa Powder
3. $\frac{1}{2}$ Cup Greek Yogurt
4. 1 Tablespoon Peanut Butter
5. 1 Tablespoon Honey
6. 2-4 Cup Cow Milk

Instructions:

1. Put all ingredients in the blender jar with milk and blend until it becomes smooth.
2. Take honey or other ingredients amount as per your taste and need.

Banana Protein Shake

Banana Protein shake is one of the most popular protein shakes all over the world. Banana is packed with protein and many other valuable nutrients.

Enjoy this delicious protein shake!!

Ingredients:

1. 2 Banana (Frozen)
2. 1 A cup of almond milk without sweetener
3. 1-2 cup Greek Yogurt
4. Some Ground Cinnamon
5. 1 Tablespoon Honey

Instructions:

1. Add in all the ingredients in the blender
2. Blend until it becomes smooth
3. If you don't like thick shake add more milk

The Green Protein Shake

The green protein is all about protein nutrients. You will like it's sweet and tangy flavor.

Ingredients:

1. 1-3 cup Greek Yogurt
2. 1 Tablespoon Almond Butter
3. 1-3 cup Coconut Milk
4. 1-2 Cup of Spinach
5. 1-2 Cup of Avocado
6. 1 Tablespoon hemp hearts & Agave

Instructions:

1. Add all the ingredients in the blender jar
2. Blend until smooth
3. Use milk if you don't like a thick shake
4. Use almond butter according to your taste

Raspberry-Beet Protein Shake

Raspberry protein shake looks stunning. It's not only stunning but also healthy & tasty.

Ingredients:

1. 1-3 cup Greek Yogurt
2. 1 Tablespoon hemp hearts & Agave
3. 1-2 Cup of Raspberry (Frozen)
4. 1-2 medium-size Beet (Raw)
5. 2-3 cup Coconut Water

Instructions:

1. Add all the ingredients in the blender jar
2. Blend Until Smooth
3. Use coconut water according to your need

Recently, protein powder is very hyped. Of course, protein powder adds value, but it's not mandatory to add every time in your protein shake. You can always have some good alternatives to protein powder. You just need to ensure your protein intake according to your body needs.