

# Enhance the Taste of Your Protein Shake

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Hate the taste of protein shake? You're not alone! Plenty of people hate drinking protein shakes because let's face it; the healthier something is, the more it tastes like cardboard. Most protein shakes use boatloads of artificial sweeteners and processed protein powder that combine for a taste that could make anyone rethink their diet. Try these tricks to significantly improve the taste of that diet-keeping, muscle-building concoction that will keep you scooping, mixing, and enjoying!

## **Add Fruit**

Fruit adds a delicious kick to your protein shake without adding a tremendous amount of calories. Nearly any fruit can be thrown into a protein shake to make it taste better, but we have found that strawberries, raspberries, and bananas are the more flavorful. By using fruits in your protein shakes, your protein shakes will be sweeter and give you an extra serving of fruit!

## **Add Milk**

While milk does not necessarily change the overall taste of the protein shake, it does make it more like a milkshake. Who doesn't like milkshakes? Nobody...that's who. You can also add some type of sweetener such as artificial sweetener or honey to make it even tastier!

## **Add Cocoa Powder**

Like chocolate? Love chocolate? So do we! That's why we suggest adding cocoa powder to your protein shake. The cocoa powder will add some flavor without adding all of those unnecessary calories.

## **Add Yogurt**

Adding yogurt to your protein shake gives it that extra bit of depth that will make your protein shake more palatable and even healthier. The yogurt can add a bit of sweetness to it and it is also good for the body. Good bacteria found in yogurt promotes good health.

## **Toss In Some Peanut Butter!**

If you're really looking for a treat, toss some peanut butter, or any kind of nut butter, into your protein shake. Nut butters are high in calories, but the calories are good and nutrient-dense. By adding this nutty stuff into your protein shake, you will get added nutrients as well as the extra calories you need to grow.

Mix and match these extra ingredients to add into your protein shakes for even better results! By

adding these mix-ins, you will not only make your protein shake tastier, but you will be adding nutrient-dense foods that contribute to muscle growth and staying lean. Depending on which mix-ins you choose, you will be able to meet your goals while maintaining your workout routine. This goes without saying, but always be careful of allergies! If you are allergic to peanut butter, or are lactose intolerant, adding these ingredients into a tasty protein shake will definitely not offset the ill effects!