



Recept geschikt voor: 1 personen | **Moeilijkheid:** 🍳
Vorbereidingstijd: 5 min | **Bereidingstijd:** 2 min | **Totale bereiding:** 7 min
Bertyn producten: [Veggie Protein Steak - Natur](#)

Bron: bertyn.eu | Chef: [Stefano Vicinoadio](#) | © Stefano Vicinoadio

Natural protein shake with seitan

Ingrediënten

- 250 mL Rice milk
- 3 tbsp Coconut blossom sugar mix with cacao (Amanprana Gula Java Cacao)
- 50 g Seitan (Veggie Protein Steak – Natur)
- 1 tbsp Raisins
- 1 tbsp Raw cacao beans
- 2 Dates

Bereiding

1. Place all ingredients in a blender and purée for 1 minute and 50 seconds.
2. Strain the mixture through a sieve and serve in a glass.
3. Enjoy this healthy protein shake!