



**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](https://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!