



# Vegan protein shake

15'  
Hands on

8 hours'  
Hands off

60'  
Cook Time

1 (510 g)  
Portion(s)

1  
Difficulty



## Method

For the hummus

- Put the chickpeas into a [bowl](#) along with water and salt to soak overnight.
- Drain the chickpeas and rinse them well the next day.
- Place a [pot](#) over high heat, add the water, and boil the chickpeas until they are tender, for 40 minutes to 1 hour.
- Drain them well into a bowl and keep the water.
- Put the chickpeas into a blender along with the olive oil, lemon zest, lemon juice, tahini, cumin, paprika, salt, pepper, and beat until the mixture is homogenized.
- Optionally, you can add a little of the boiled chickpeas water, in case the mixture is too thick.
- Use the amount you need for the recipe and store the rest of the hummus in the refrigerator for about 5 days.

For the protein shake

- In a blender add the milk, hummus, carrot, tahini, maple syrup, pistachios, and vanilla extract.
- Beat at high speed for 2-3 minutes until the ingredients are homogenized.
- Serve.

## Ingredients

For the hummus

- 125 g chickpeas
- 1/2 teaspoon(s) salt
- 750 g water
- 75 g olive oil
- lemon juice, of 1/2 lemon
- lemon zest, of 1/2 lemon
- 50 g tahini
- 1/4 level teaspoon(s) cumin, powder
- 1/2 teaspoon(s) paprika
- 1 pinch salt
- pepper

For the protein shake

- 350 g almond milk, unsweetened
- 1 tablespoon(s) [homemade hummus](#)
- 100 g carrot, boiled
- 1 tablespoon(s) tahini
- 1 tablespoon(s) maple syrup
- 10 pistachios
- 1 teaspoon(s) [vanilla extract](#)

## Διατροφικός πίνακας

Nutrition information per portion

471 Calories (kcal)	34.0 Total Fat (g)	4.9 Saturated Fat (g)	22.0 Total Carbs (g)
24%	49%	25%	8%
15.0 Sugars (g)	16.0 Protein (g)	5.8 Fibre (g)	0.54 Sodium (g)
17%	32%	23%	9%