



## RECIPES FOR PROTEIN SHAKES

Use Vanilla Spirutein Soy Powder for the base of these shakes. Use one scoop per serving. Dump it all in a blender and blend until smooth. Add ice to thicken; sweetener if needed. I like these for my sweet tooth and when I want to feel really full. Great for night time cravings.

### **BERRY LICIOUS**

1 scoop protein powder  
5-6 frozen strawberries (or other frozen fruit)  
1/2 banana  
1 cup water or skim milk  
stevia

### **CHOCOHOLIC**

1 scoop protein powder  
1-2 tablespoons sugar free Nestles Chocolate Milk Mix  
Lots of ice  
Water or skim milk  
(you can also add banana or almond extract to liven it up)

### **NUT BUSH CITY**

1 scoop protein powder  
1-2 Tbsp. peanut butter  
Ice  
Water or skim milk  
(May add Nestles Chocolate Milk Mix also)

### **PINA COLADA**

1 scoop protein powder  
1 tsp. pineapple extract  
1 tsp. coconut extract  
1/2 banana (I keep mine peeled and frozen)  
Ice  
Water or skim milk

### **ALMOND JOY**

1 scoop protein powder  
1 small activia vanilla yogurt  
1 tsp. almond extract  
Ice  
Water or skim milk

### **BLUE HEAVEN**

1 scoop protein powder  
1/2 cup frozen blueberries  
Ice  
Water or skim milk  
stevia



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