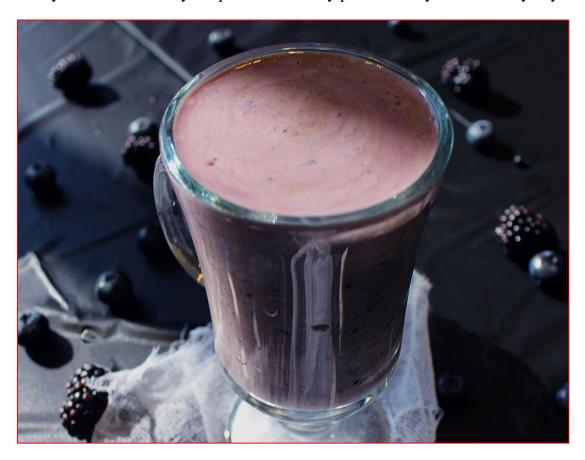
TASTY SHAKE RECIPES

Easy and delicious ways to put more healthy protein into your diet every day



Berry Scary Smoothie

INGREDIENTS

1 Premier Protein Vanilla Shake
1 cup of blackberries
1/4 cup blueberries
1/2 cup of ice
1 tsp of lemon juice

DIRECTIONS:

Blend until smooth and enjoy!