

TASTY SHAKE RECIPES

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



Muscle Monkey Shake

INGREDIENTS:

1 Premier Protein® Chocolate Shake

- 1 Banana peeled and frozen
- 3 Tbsp Peanut Butter
- Ice for volume

DIRECTIONS:

Break frozen banana into pieces, combine all ingredients in a blender and blend on high until lightly chunky. Scoop into large cup and serve with a spoon.