

# TASTY SHAKE RECIPES

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



## *Gingerbread Cookie Shake*

### **INGREDIENTS:**

1½ cup of Premier Protein Vanilla Shake  
1 tbsp blackstrap molasses  
½ tsp ground cinnamon  
¼ tsp ground ginger  
1 frozen banana  
1 tbsp chia seeds  
½ cup of ice

### **DIRECTIONS:**

Add all ingredients to blender. Blend until smooth and enjoy!