

TASTY RECIPES

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

Blueberry Muffin Smoothie



INGREDIENTS

- 1 Premier Protein 110z. Vanilla shake
- 1 cup of blueberries
- 1 tsp of cinnamon
- 4-6 ice cubes

DIRECTIONS:

1. Combine the ingredients in a blender.
2. Blend until smooth
3. Serve and enjoy!