

## TASTY SHAKE RECIPES

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



### *Perky Pear Smoothie*

#### **INGREDIENTS:**

**1 Premier Protein® Vanilla Shake**

1 banana

1 pear, diced and cored

1 cup of spinach

1/2 tsp of ground cinnamon

1 pinch of nutmeg

1 cup of ice

#### **DIRECTIONS:**

Blend until smooth and enjoy!