

TASTY RECIPES

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

Strawberry Citrus Shake



INGREDIENTS

- 1 scoop Premier Protein 100% Whey Protein Powder: Vanilla Milkshake
- 1 cup fresh or frozen strawberries
- 1 fresh lime, squeezed
- $\frac{3}{4}$ cup Greek yogurt
- 3-4 ice cubes

DIRECTIONS:

Blend until smooth and enjoy!