

TASTY SHAKE RECIPES

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



Fresh Berry Boost Smoothie

INGREDIENTS:

1 Premier Protein® Vanilla Shake

1/2 cup Acai juice

1 cup Raspberries

1/2 cup Blueberries

Approx. 6 ice cubes

DIRECTIONS:

Combine all ingredients in a blender and blend on high until smooth.

Pour into glass and start your day with a boost!