

TASTY SHAKE RECIPES

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



INGREDIENTS

2 Cups of Premier Protein Chocolate Shake

1 Box of Chocolate Instant Pudding Mix

1/3 Cup of Graham Cracker Crumbs

2-3 Marshmallows

DIRECTIONS:

Whisk Premier Protein and pudding mix for 2 minutes, and let sit for 5 minutes. Layer pudding and crumbs into a glass cup. Top with toasted marshmallows and enjoy!