

# TASTY SHAKE RECIPES

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



## *Strawberry Mango Protein Smoothie*

### INGREDIENTS

- 1 Premier Protein 11oz. Bananas & Cream Shake
- 1 frozen banana
- 1 cup of frozen mangos
- 1/2 cup of frozen strawberries

### DIRECTIONS:

Blend until smooth & enjoy!