

# TASTY SHAKE RECIPES

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



## *Berry Chocolate Shake*

### **INGREDIENTS:**

#### **1 Chocolate Premier Protein Shake**

¼ cup of raspberries

¼ cup of blueberries

½ cup of granola

1 cup of ice cubes

### **DIRECTIONS:**

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