

TASTY SHAKE RECIPES

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



Flavorful Flan

INGREDIENTS:

1 Vanilla Premier Protein Shake
2 eggs
1 tbsp. of vanilla extract
1 pinch of cinnamon

DIRECTIONS:

Mix Premier Protein, vanilla, and eggs, then place in an oven-proof dish. Sprinkle cinnamon on top, then bake with water at 350 Degrees for 1 hour. Refrigerate for 6 hours and enjoy!