

# TASTY SHAKE RECIPES

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



*It's the Berries Shake*

## **INGREDIENTS:**

### **1 Vanilla Premier Protein Shake**

¼ cup of frozen strawberries

¼ cup of frozen blueberries

½ cup of granola

1 cup of ice cubes

## **DIRECTIONS:**

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