



# CHOCO STRAWBERRY



### INGREDIENTS:

- |                 |                                                         |
|-----------------|---------------------------------------------------------|
| <b>1 TBSP</b>   | OF CHOCOLATE SYRUP                                      |
| <b>1 C</b>      | OF STRAWBERRIES                                         |
| <b>2 SCOOPS</b> | WHEY PROTEIN POWDER<br>CHOCOLATE (22 GRAMS / PER SCOOP) |
| <b>½ C</b>      | NON-FAT MILK                                            |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



# CINNAMON BUN



### INGREDIENTS:

- |                 |                                                       |
|-----------------|-------------------------------------------------------|
| <b>1 TBSP</b>   | FAT-FREE BUTTER REPLACEMENT                           |
| <b>½ TBSP</b>   | CINNAMON                                              |
| <b>2 SCOOPS</b> | WHEY PROTEIN POWDER VANILLA<br>(22 GRAMS / PER SCOOP) |
| <b>1 C</b>      | NON-FAT MILK                                          |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

