



# KEY LIME PIE



### INGREDIENTS:

- |          |   |
|----------|---|
| 1 TBSP   | LIME JUICE  |
| 4 GRAHAM | CRACKERS  |
| 2 SCOOPS | WHEY PROTEIN POWDER VANILLA<br>(22 GRAMS/PER SCOOP) |
| ½ C      | NON-FAT MILK  |

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



# INSTANT MOCHA



### INGREDIENTS:

- |          |  |
|----------|--|
| 1 TBSP   | INSTANT COFFEE                                       |
| 1 C      | NON-FAT VANILLA FROZEN YOGURT                        |
| 2 SCOOPS | WHEY PROTEIN POWDER VANILLA<br>(22 GRAMS/ PER SCOOP) |
| ½ C      | NON-FAT MILK   |

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

