

## CHOCO STRAWBERRY



### INGREDIENTS:

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

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



## CINNAMON BUN



### INGREDIENTS:

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

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

