

MOCHA MINT



INGREDIENTS:

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| 1 OZ | ENVELOPE SWISS MOCHA COFFE MIX |
| 1 DROP | PEPPERMINT EXTRACT |
| 2 SCOOPS | WHEY PROTEIN POWDER VANILLA
(22 GRAMS/PER SCOOP) |
| ½ C | NON-FAT MILK |

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



ORANGE BANANA



INGREDIENTS:

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| 1 C | ORANGE JUICE |
| 1 | LARGE BANANA |
| 2 SCOOPS | WHEY PROTEIN POWDER VANILLA
(22 GRAMS/ PER SCOOP) |
| ½ C | NON-FAT MILK |

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

