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PROTEIN SHAKE

Ingredients:

Frozen banana
Frozen blueberries, or berries of choice, preferable organic
Flax or fish oil
Soy, rice, almond milk of choice
Protein powder

Purpose:

Protein shakes provide supplemental protein to your diet at any time during the day. Protein shakes should not replace meals, but should serve only as a supplemental protein source.

Instructions:

1. Place frozen banana in a blender. The frozen banana helps to mask the protein flavor, and some of the gritty texture.
2. Add approximately 1 cup of frozen berries to the blender. Add enough milk of choice to the blender to just cover frozen fruits; the liquid level is important only for taste and texture. Water and/ or juice can be substituted for the milks as well.
3. Blend until consistency is smooth and free of big chunks.
4. With blender still on, add 1 tablespoon of oil of choice. Blend until completely mixed in. The oil helps to mask the gritty texture of the protein powder, in addition to providing essential fatty acids.
5. Turn blender off, add desired amount of protein powder, and give a final and quick spin. Too much blending with the protein powder makes for a frothy shake, so short and sweet!
6. Enjoy!!