

Banana-Berry Delicious

MRM Low-Carb Vanilla Protein Powder

Banana

Frozen Mixed Berries

Dannon Fit -n- Light Vanilla or Blueberry Yogurt

Minute Maid Light Orange-Tangerine Juice

Ice

*Cashews

Directions:

Add your specific amount of the above into a blender;

The amount of the liquid you use will vary depending on

how thick you prefer your shake.

this shake will make at least 32 oz.

*Eat your nuts separately while you drink the shake.