

Banana Cream Pie

ProSmoothie

Ingredients:

MRM Vanilla Protein Powder
Banana
Dannon Fit -n- Light Vanilla yogurt
Graham Cracker Crumbs
Vanilla Extract
Water
Ice
*Peanuts

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.