

Paradise in a Cup

Ingredients:

MRM Low-Carb Vanilla Protein Powder

Mango

Banana

Pineapple

1/4 tsp. coconut extract (optional)

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 add will vary depending on how thick prefer your shake.

This shake will make at least 32 oz.

*Eat your nuts separately while you drink the shake.