

Peachy Cream Protein Dream

Ingredients:

MRM Low-Carb Protein Powder

Dannon Fit -n- Light Vanilla Yogurt

Frozen Peach Slices

Water

Ice

*Smoked Almonds or Cashews

Directions:

Add your specific amount of the above into a blender;

The amount of liquid you add will vary depending on how thick you like your shake.

This shake will make at least 32 oz.

*Eat your nuts separately while you drink your shake.