

DESIGNER VANILLA BERRY WAKE-UP

INGREDIENTS

- 1/2 Cup skim-milk
- 1 Scoop DESIGNER WHEY Natural
- 1/8 tsp. Vanilla Extract
- 1 Cup frozen berry blend (any combination of raspberries, blueberries, blackberries, and strawberries)

DIRECTIONS

- Blend milk and DESIGNER WHEY on low speed for 30 seconds
- Then add the vanilla and berries over the next 30 seconds
- Kick up to high and blend until smooth
- (If using fresh berries, add 3 or 4 ice cubes)
- Pour into a large glass and enjoy!

23g	361	3g	23g	15g	3g
PROTEIN	CALORIES	FAT	CARBS	SUGAR	FIBER

PER SERVING

DESIGNER WHEY flavor in this recipe:
Natural

