

*Try The Biggest Loser Protein in ANY of our recipes

FROSTY ORANGE PROTEIN BLAST

INGREDIENTS

- 2 cups unsweetened vanilla almond milk
- 1 (6-ounce) can frozen orange juice concentrate
- 1 cup plain, fat-free Greekstyle yogurt
- 1 teaspoon pure vanilla extract
- 2 scoops (4 tablespoons) **The Biggest Loser Vanilla Protein Powder**
- 16 ice cubes

DIRECTIONS

Add the almond milk, juice concentrate, yogurt, vanilla, protein powder, and ice to a blender. Blend until smooth. Leftovers can be poured into small zip-top bags and stored in the freezer. Thaw slightly and blend before serving.

From **THE BIGGEST LOSER SIMPLE SWAPS** by Cheryl Forberg, RD, and The Biggest Loser Experts and Cast with Melissa Roberson. Copyright (c) 2009 by Universal City Studios Productions LLLP. By permission of Rodale, Inc., Emmaus, PA 18098.

10g	140	2g	23g	135mg	4g
PROTEIN	CALORIES	FAT	CARBS	SODIUM	FIBER

PER SERVING

THE BIGGEST LOSER PROTEIN flavor in this recipe:
Vanilla Bean

