

Protein Shakes

- Kitchens 1 and 3
 - Cinnamon Roll Shake
 - 4 scoops vanilla protein powder
 - 2 TB sugar free vanilla pudding
 - ½ tsp cinnamon
 - 1 tsp vanilla extract
 - 2 cups soy milk
 - 6-8 ice cubes
 - A few dashes of butter flakes
 - Blend
- Kitchens 2 and 4
 - Power Shake
 - 2 TB Peanut Butter
 - 2 scoops Chocolate protein powder
 - 2 cups Soy milk
 - 2 cups ice
 - Blend