

Snickerdoodle Protein Shake

- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- 2 tsp SF vanilla powdered coffee creamer
- 1 heaping tsp cinnamon

Butterfinger

- 4 oz. soy, unsweetened almond milk, skim/ 4oz water
- 1 scoop chocolate protein powder
- 2 tbsp PB2
- 1 tbsp SF Butterscotch Jello-O pudding mix

White Chocolate Raspberry

- 4 oz. soy, unsweetened almond milk, skim/ 4oz water
- 1 scoop vanilla protein powder
- 2 tbsp SF Torani Raspberry Syrup
- 1 tbsp SF White chocolate Jello-O pudding mix

Double Chocolate

- 4 oz. soy, unsweetened almond milk, skim/ 4oz water
- 1 scoop chocolate protein powder
- 1 pkg diet Swiss Miss
- Drizzle with SF Hershey syrup

PB & J

- 4 oz. soy, unsweetened almond milk, skim/ 4oz water
- 1 scoop vanilla protein powder
- 1 tbsp SF Torani Raspberry Syrup
- 2 tbsp PB2

Caramel Apple

- 4 oz. soy, unsweetened almond milk, skim/ 4oz water
- 1 scoop vanilla protein powder
- 1 pkg SF Apple Cider Mix
- 1 tbsp SF Torani Caramel