



Chocolate COVERED STRAWBERRY

Show your heart how much you care. Enjoy this great tasting, heart healthy shake immediately following your workout or as a meal replacement.

This shake is a hearty blend of:

- 30g of Chocolate Whey Protein
- Antioxidant rich crushed Strawberries
- Proprietary blend of healthy soluble and insoluble fibers
- Niacin

Eat Well!

Chocolate Covered Strawberry

Ingredients:

- 6 oz Strawberry Puree/Water Mix
- 1 ½ scps Vanilla Whey Protein
- 2 scps Healthy Heart
- ¼ cup Strawberries (to pulse)

Directions:

1. Fill ice scoop measure to the “Protein” ice line (12 oz)
2. Add ice and ingredients to the blender and push #4
3. Once blended, add ¼ cup of strawberries and pulse (P) blender for one or two seconds to break up the strawberries

Nutritionals:

Calories: 476
Carbs: 71 g
Protein: 30 g
Fat: .75 g

