

Vanilla-Berry Shake

Get your antioxidants with this delicious berry shake

INGREDIENTS

2 Level Scoops (26.4 g) Daily BioBasics

1 Level Scoop (60 cc Scoop) Vanilla Triple Protein Shake

8 – 12 oz (240 to 360 ml) Water, Nonfat Milk or Soy Milk
(for a creamier shake, use either milk or soy milk)

1/4 – 1/2 Cup Frozen Berries
(blueberries, raspberries, strawberries or blackberries)

Pinch of Cinnamon (to taste)

DIRECTIONS

Mix together in blender.

