

Vanilla Espresso Shake

Jump-start your day with this delicious shake

INGREDIENTS

2 Level Scoops (26.4 g) Daily BioBasics

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

1 Tsp Instant Espresso (dissolved in a small amount of hot water)

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

3 – 6 Ice Cubes

DIRECTIONS

Mix together in blender.

