



VERY CHERRY PROTEIN DRINK

150 Calories | 25g Protein | 11g Carbs | 2g Fat
1 Protein Shake



INGREDIENTS

- 12-16oz Cold Water
- 1 scoop chocolate protein powder
- 1/3 cup frozen cherries
- 6 ice cubes

DIRECTIONS

1. Blend cold water and protein powder until mixed well.
2. Add frozen cherries and blend until smooth. About 30 seconds
3. Add ice cubes and blend on high for 30 seconds