



Ideal Protein Beverages



IDEAL PROTEIN LATTE

12 oz. cold coffee
1 tbs. Ideal Protein Vanilla Drink mix
Crushed ice or ice cubes, if desired

1 packet Ideal Protein Cappuccino Drink
Splenda or stevia to taste

Add all ingredients to a shaker or blender. Shake or blend and garnish with cinnamon.

MINT CHOCOLATE PUDDING SHAKE

12 oz. water
4 drops mint extract
Crushed ice or ice cubes, if desired

1 packet Ideal Protein Chocolate Pudding
Splenda or stevia to taste

Add all ingredients to a shaker or blender. Shake or blend and serve.

CINNAMON ROLL SHAKE

12 oz. water
1 tbs. Ideal Protein Vanilla Drink mix
Cinnamon to taste

1 packet Ideal Protein Vanilla Pudding
4 drops butter extract
Crushed ice or ice cubes, if desired

Add ingredients to shaker or blender. Shake or blend and sprinkle with cinnamon.

PEACH COBBLER SHAKE

12 oz. water
1 tbs. Ideal Protein Peach Mango Drink mix
Crushed ice or ice cubes, if desired

1 packet Ideal Protein Vanilla Pudding
Cinnamon to taste

Add ingredients to shaker or blender. Shake or blend and sprinkle with cinnamon.

STRAWBERRY SHORTCAKE SHAKE

12 oz. water
1 tbs. Ideal Protein Strawberry Pudding mix

1 packet Ideal Protein Vanilla Pudding
Crushed ice or ice cubes, if desired

Add all ingredients to a shaker or blender. Shake or blend and serve.

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BANANA STRAWBERRY SHAKE

12 oz. water *1 packet Ideal Protein Banana Pudding*
1 tbs. Ideal Protein Strawberry Pudding mix *Crushed ice or ice cubes, if desired*

Add all ingredients to a shaker or blender. Shake or blend and serve.

LEMON CHIFFON SHAKE

12 oz. water *1 packet Ideal Protein Vanilla Pudding*
1 tbs. Ideal Protein Lemon Pudding mix *Crushed ice or ice cubes, if desired*

Add all ingredients to a shaker or blender. Shake or blend and serve.

“ROCKED OUT” LEMON SHAKE

12 oz. water *1 packet Ideal Protein Lemon Pudding*
1 tbs. Ideal Protein Vanilla Pudding mix *2 tbs. Walden Farms Marshmallow Cream*
4 drops lemon extract *Crushed ice or ice cubes*

Add all ingredients to blender. Blend and serve. SO GOOD!

CHOCOLATE MOCHA SHAKE

12 oz. water *1 packet Ideal Protein Cappuccino Drink*
1 tbs. Ideal Protein Chocolate Pudding mix *Crushed ice or ice cubes, if desired*

Add all ingredients to a shaker or blender. Shake or blend and serve.

RASPBERRY LEMONADE

1 packet Ideal Protein Raspberry Jelly *4 oz. boiling water*
2 tbs. Ideal Protein Pink Lemonade mix *Crushed ice or ice cubes*
Cold water

Pour boiling water into 32 oz. shaker or pitcher. Add Ideal Protein Raspberry Jelly mix. Stir until mix is fully dissolved. Add lemonade mix. Fill shaker or pitcher to 32 oz. mark with water and crushed ice. Stir and serve.