



VERTEX FOODS



HOW TO MAKE THE PERFECT PROTEIN 26 SHAKE:

- 1) **1 PACKET** of PROTEIN 26 Shake Mix
- 2) **12 oz of milk**, juice, or water
- 3) **Add 6-8 oz ice**, depending on how THICK you want your shake
- 4) **BLEND ON HIGH** in a blender for approx. **1 MINUTE** until shake is thick + smooth

Enjoy!

Makes a large 20 oz Protein shake that is rich, smooth and fills you up for up to 4 hrs!

FOR MORE VARIETY:

add in fresh or frozen fruit, try adding an extract in delicious flavors like butter rum or peppermint, or 1-2 T of peanut butter or other nut butters.



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