

Whey Cool Smoothies

Coconut

½ cup plain yogurt
½ cup water
½ cup almond milk
1 scoop Whey Cool (or to taste)
2 Tbsp coconut
1 splash vanilla extract.
BLEND

Peachy

1 cup plain/vanilla rice milk
½ cup peaches
1 scoop Whey Cool
Handful ice cubes.
BLEND.

Berry Chocolate

½ cup chocolate yogurt
½ cup raspberries
½ small banana
1 scoop Whey Cool
½ cup water
BLEND.

Fruity Protein Shake

2 cups apple juice unsweetened
2 Tbsp. frozen orange juice concentrate
2 Tbsp. soy/whey protein powder
1 banana and 7 ice cubes

Combine all ingredients in a blender, blend until smooth, Makes 4-6 oz.