



VITAL CUISINE® Orange Dream Pop Protein Shake





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INGREDIENTS

1 Servings

.....
1/2 cup (4 fl. oz.) **VITAL CUISINE® Vanilla Shake Mix** Item: 72504, prepared with milk
.....

2/3 cup orange shebet
.....

1 (8 g) packet Item: 15309
.....

or

1 scoop **PROPASS® Whey Protein Supplement** Item: 13126
.....

up to 2 packets/scoops **PROPASS® Whey Protein Supplement** may be used in this recipe

NUTRITION

Serving Size: 8 fl oz.

Calories: 320

Total Fat: 7g

Saturated Fat: 3.5g

Trans Fat: 0g

Cholesterol: 40mg

Sodium: 170mg

Total Carbs: 50g

Dietary Fiber: 1g

Total Sugars: 43g

Added Sugars: 10g

Protein: 14g

Vitamin D: 8% DV

Calcium: 20% DV

Iron: 20% DV

Potassium: 8% DV

DIRECTIONS

1. Blend all ingredients on high until smooth.
2. Pour into glass and enjoy!