



LEMON CREAM PIE SHAKE

NÜTRIR[®]
PREBIOTICS

POWERED BY



Bright and zesty, this protein shake is the perfect way to start the day!

INGREDIENTS

- 12 oz liquid (your choice)
- 1 scoop NÜTRIR[®] Prebiotics Vanilla Protein Shake
- 1 cup frozen banana slices
- 2 t lemon juice
- 1 t lemon zest
- 1/8 t lemon extract

INSTRUCTIONS

- Place all ingredients in blender in order listed
- Blend on 'Smoothie' setting, or pulse on high until smooth
- Serve, top with whipped cream and cookie crumbs, and enjoy!

Makes 1 serving

NOTE: Caloric and nutrient values will vary.

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