

# HIGH PROTEIN, HIGH CALORIE SHAKES

**Directions:** Combine all ingredients with ice in a blender and blend until smooth.

## Vanilla Bean

- 1 cup of whole milk
- ½ cup half-and-half
- 1 cup vanilla ice cream
- 1 package vanilla Carnation Breakfast Essentials

CAL	CHO	FAT	PRO
726	77	39	22

## Rich Chocolate

- 1 cup whole milk
- 1 cup chocolate ice cream
- 2 tbsp chocolate syrup
- 1 package chocolate Carnation Breakfast Essentials

CAL	CHO	FAT	PRO
649	99	21	18

## Peanut Butter Banana

- 1 cup whole milk
- 1 cup chocolate ice cream
- 1 banana
- 2 tbsp peanut butter

CAL	CHO	FAT	PRO
705	82	36	20

## Orange Dreamsicle

- 1 cup orange juice
- ½ cup half-and-half
- 1 cup Greek yogurt
- ½ banana

CAL	CHO	FAT	PRO
540	54	26	27

## Strawberry Cheesecake

- 1 cup whole milk
- 1 cup Greek yogurt
- 1 cup frozen strawberries
- 1 package vanilla Carnation Breakfast Essentials

CAL	CHO	FAT	PRO
549	59	20	34

## Chocolate Oatmeal

- 1 cup whole milk
- ½ cup oats
- 2 tbsp chocolate syrup
- 1 package chocolate Carnation Breakfast Essentials

CAL	CHO	FAT	PRO
539	90	12	19