



Super Papaya Protein Shake

Ingredients

Amount

Organic Egg White Protein	1 Scoop
Fresh Papaya	1 Cup
Ripe Banana	½ a large
Ground Cinnamon	1 tsp
Vanilla Powder	1 tsp
Allspice	1 tsp
Macademia Nuts	1 TBS
Flax seeds	1 TBS
Elderberry syrup	1 TBS

Preparation:

Put all ingredients in a Magic bullet or Nutri-bullet blender.

Add Ice if desired, and blend well.