



Quick Brunch Protein Shake

Ingredients

Amount

Organic Egg White Protein	1 Scoop
Fresh Berries	1.5 Cups
Ripe Mango	½ a large
Kiwi	1
Ground Cinnamon	1 tsp
Vanilla Powder	1 tsp
Allspice	1 tsp
Walnuts	¼ Cup
Maple syrup	1 TBS

Preparation:

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

Add Ice if desired, and blend well.