

Protein Drink



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 1

1c fat~free Greek Yogurt

1/4c blueberries

1/2c orange juice, fresh squeezed

1/4c strawberries

1 banana

2T peanut butter, natural, no sugar added

1T agave

1T ground flax seed

1T protein powder

Place all ingredients in heavy~duty blender or smoothie maker. Pulse until ingredients are blended.

Keep refrigerated and covered.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by



Debbie Spangler ~ Certified Personal Chef

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