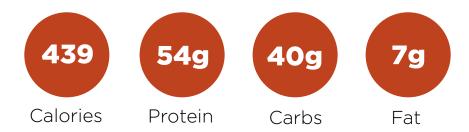
## Michele Sodon

## KEY LIME PIE



- 1 tbsp lime juice
- 4 graham crackers
- 2 scoops whey protein powder vanilla (22 grams/per scoop)
- 1½ cup non-fat milk

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.

## INSTANT MOCHA



- 1 tbsp instant coffee
- 1 cup non-fat vanilla frozen yogurt
- 2 scoops whey protein powder chocolate (22 grams/per scoop)
- 1½ cup non-fat milk

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.

