

## High Protein Milk



### Ingredients:

- ½ cup (4 oz.) low fat milk
  - Unflavored protein powder\*
  - ¼ teaspoon vanilla extract
  - Cinnamon to garnish (added)
- \*use 2 scoops of Beneprotien (12g/scoop) or  
1 scoop of Unjury protein powder (22 g/scoop)

### Directions:

1. In a blender mix all ingredients until fully blended.
2. Place in a serving dish
3. Garnish with a sprinkle of cinnamon and enjoy.

### Nutrition Information:

Serving size\*: 1

Calories per serving: 140

Total protein per serving: 24g

Servings per recipe: 1

Total fat per serving: 1g

Total carbohydrates per serving: 6g

### Nutritional Benefits:

Milk is a natural source of calcium, vitamin D and vitamin A, pump up the protein using protein powder.

\*Serving size that is suggested for post-operative bariatric patients

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