



# Protein Shake



## INGREDIENTS

	10 Ounces
<b>VITAL CUISINE® shake mix</b>	
(Vanilla Item 28289, Strawberry Item: 28696, Chocolate Item: 38316)	1/4 cup
Sugar	1 Tbsp
<b>PROPASS® instant whey protein supplement</b> Item: 13126	1 Scoop
Neutral oil (such as vegetable, canola, or corn)	1 Tbsp
Whole milk	8 oz.

## NUTRITION

**Serving Size:** ~10fl oz.  
**Calories:** 500  
**Total Fat:** 24g  
**Saturated Fat:** 8g  
**Trans Fat:** 0g  
**Cholesterol:** 65mg  
**Sodium:** 250mg  
**Total Carbs:** 52g  
**Dietary Fiber:** 2g  
**Total Sugars:** 51g  
**Added Sugars:** 32g  
**Protein:** 20g  
**Vitamin D:** 2.5mcg  
**Calcium:** 470 mg  
**Iron:** 6.3 mg  
**Potassium:** 605 mg

## DIRECTIONS

1. In blender bottle, combine ¼ cup VITAL CUISINE® shake mix, sugar and PRO PASS®.
2. In measuring cup, combine milk and oil.
3. Add milk mixture to dry ingredients. Shake until well combined.
4. Refrigerate until ready to serve. Yield: 10 ounces.

### Cold food can be held without temperature control for up to 6 hours if:

- It was held at 41 ° F (5°C) or lower before removing it from refrigeration.
- It does not exceed 70° F (21 °C) during service.
  - Throw out food that exceeds this temperature.
- It has a label specifying
  - Time it was removed from refrigeration.
  - Time it must be thrown out.
- It is sold, served, or thrown out within 6 hours.

## PREPARATION TIPS

**To Make Ahead:** Prepare shake as indicated above. The shake may be refrigerated for up to 24 hours prior to serving.

**To Freeze:** Prepare product as indicated above. Place in freezer overnight.

**To Thaw for Serving:** Thaw product in refrigerator overnight. For a soft serve ice cream texture, let product set at room temperature (70° F/21 °C) for 30 minutes. Product will be thawed at room temperature (70° F/21 °C) after 2 hours.