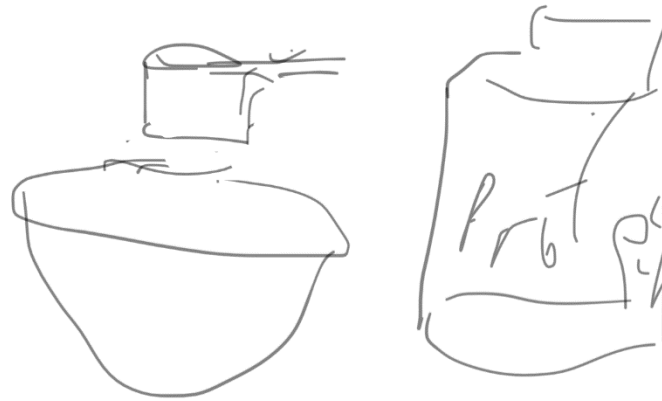


Protein cereal

1) Add water



2) Add ½ scoop Protein



3) Add cereal. Enjoy!





-Mix with whip cream & a little water to make desserts more healthy

-Use a very small amount of water for more of a pudding texture

-Mix into Peanut butter with some water for a base to mix in granola and other favourites.

-Use with yogurt for a unique taste and increased digestion through the whole day.

Mix ½ scoop with your morning coffee & feel the difference throughout the day.



Super Simple Solutions

Delicious & Practical recipes to stay in shape