

APPLE-CINNAMON SHAKE (PW)

PRELUDE

Toasted wheat germ balances the flavor of apples and cinnamon, and brings your favorite oatmeal flavor right into your cup.

INGREDIENTS

1 scoop vanilla whey protein
 1 cup applesauce, unsweetened
 1 tsp ground cinnamon
 2 tbsp toasted wheat germ
 1 tbsp honey
 1 cup ice

Prep Time – 5 minutes

Difficulty Level – Easy

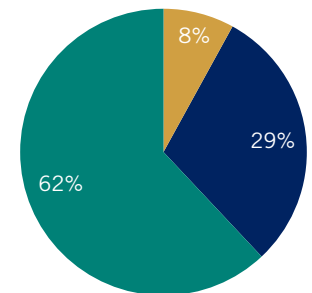
Servings – 1

INSTRUCTIONS

Combine all of the ingredients in a blender and process on medium-high until smooth and creamy. Add water a tablespoon at a time if necessary.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	339
Protein (g)	27
Carbohydrates (g)	56
fiber (g)	6
sugars (g)	42
Fat (g)	3
SFA (g)	1
MUFA (g)	1
PUFA (g)	1
Omega-3 (g)	0.1
Omega-6 (g)	0.8



Protein
 Carbs
 Fats