



The Best Overall Tasting Homemade Protein Shake

Ingredients:

- 16 oz skim milk
- 2 cups no-fat cottage cheese
- 3 scoops Optimum Nutrition Whey Protein Powder (vanilla)
- 1/2 cup non-fat, reduced-sugar vanilla yogurt scoop of your favorite fruit
- Splenda or Sweet-n-Low to taste (about 2 packets)
- Handful of ice

Directions:

Blend together and chill. Makes 3 two-cup servings.

Guzzle for an awesome post-workout shake. The high-glycemic-value carbs spike insulin to deliver protein to your muscles. Add dry oats for more complex carbs, and add more cottage cheese to boost the protein! Add more milk if the mix is too thick.

Nutritional Information for 1 Serving:

Calories = 414

Protein = 40 grams

Carbs = 26 grams

Fat = 2 gram