



Fruit Smoothie

Ingredients:

- 2 scoops Designer Whey Strawberry
- 4 large strawberries
- Small handful blueberries
- Water (just a few drops)
- 1/2 cup ice
- Splenda

Start off by crushing the ice in the blender and then gradually add the fruit and enough water to get it smooth. Finish off with the two scoops of whey and enough Splenda to make it sweet.