



## **Iced Breakfast Protein Shake**

### **Ingredients:**

- 1 cup skim milk
- 2 tsp safflower oil
- Several pieces of ice
- 1 banana
- 1 package of Carnation Instant Breakfast (there's also a lo-carb mix)  
(any flavor--strawberry, chocolate, cappacino, French vanilla, chocolate malt)

### **Directions:**

Mix together in blender until ice is completely crushed and mixed well.