



## **Protein-Carb Almond Blast**

### **Ingredients:**

- 2 scoops of vanilla Econo Whey or other protein
- 10-12 oz of skim milk
- 1/2 cup of dry oatmeal
- 1/2 cup of raisins
- 12 shredded almonds
- 1 tbsp of peanut butter

It's like pudding!