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Quick Recipe: Nada Colada Shake

Prep time: 2 min.

Cook time: 0 min.

Total: 2 min.

Ingredients

2 scoops vanilla protein powder

1/2 cup pineapple-orange juice

1/4 tsp rum extract

1/4 cup coconut extract

1/2 cup water

1 cup ice

Directions

1. Combine ingredients in a blender until ice is crushed.
2. Serve in a chilled glass with a wedge of orange for garnish.