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Muscle-Gaining Shake

When you need to gain a pound in a pinch, look no further than this fruity combination of calories. This creamy and sweet concoction will satisfy any sweet tooth and deliver everything you need on your quest to keep the scale moving up.

Prep Time: 5 min. Cook Time: 0 min.

Ingredients

16 oz. reduced-fat milk
4 oz. heavy cream
1 scoop strawberry or banana whey protein powder
1 cup old-fashioned oats
1 large banana (diced)
8 strawberries with tops removed
1 cup ice

Directions

1. Combine all ingredients in the order listed into a blender. Blend on high until desired consistency is achieved.
2. Pour into glass and drink it down!

Serving Size: 1 smoothie

Makes 1 serving