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## Quick Recipe: Strawberry Savior Shake

### **Ingredients**

Vanilla protein powder, 4 scoops  
Creatine powder, 1 scoop  
Flaxseed oil, 1 tbsp  
Water, 1 cup  
Frozen strawberries, 3  
Strawberry nonfat Greek yogurt, 1 cup

### **Directions**

1. Combine the water, flaxseed oil, yogurt, and strawberries in a blender until the strawberries are well blended.
2. Blend in the protein powder and creatine.
3. Pour into a frozen glass with a strawberry garnish.