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### **Jim Stoppani's "Red Boost" Protein Shake**

#### **Ingredients:**

2 scoops Red Velvet Cake-flavored Pro JYM

8 oz. coconut milk

4 oz. water

1-1/2 cups strawberries (fresh or frozen)

2 boiled beets, skin removed

Cinnamon to taste (I recommend 1 tbsp)

#### **Directions**

1. Combine all ingredients in a blender and mix.