



JNL's Fitness Model™ Blueberry Blast

Ingredients

8 oz water

1 scoop of BSN Vanilla Lean Dessert Protein Shake

1/4 cup orange or cranberry juice (optional)

1/4 cup blueberries

Directions

Pour water into blender.

Add powder.

Blend on medium speed for 15 seconds.

Add orange juice or cranberry juice and blueberries and blend another 15 seconds.

Pour and enjoy!