



JNL'S Fitness Model™ Iced Chai Protein Shake

Ingredients

8 oz water
1 scoop of BSN Vanilla Lean Dessert Protein
1/2 cup of Chai Tea Concentrate
1 dash of cinnamon
1 dash of ground ginger

Directions

Pour water into blender.
Add powder, Chai tea concentrate, cinnamon and ground ginger.
Blend on medium speed for 15 seconds.
Enjoy!