



Lean Pro8 and Sweet Potato Shake

Ingredients

- 60 g Labrada Lean Pro8
- 14 oz. baked, skinless sweet potato
- Water
- Stevia and cinnamon to taste

Instructions

Bake the sweet potato, or cook it in the microwave for 4-6 minutes. Chop it into cubes and dump it into a blender with the other ingredients. Add water to achieve your desired consistency, and blend until all ingredients are smooth.

Nutrition Facts

Calories: 766
Protein: 56 g
Total Fat: 14 g
Total Carbs: 104 g

