

## **My Favorite Protein Shakes**

Protein shakes and smoothies are a great addition to any healthy diet plan. I prefer mine in frozen shake form. Below are some of my favorites.

For protein, I use pasteurized egg whites. My favorite brand is **All Whites** liquefied egg white. The product is clear and does not add a strange taste as others might.

A word about bananas. I drink a lot of shakes. I use a lot of bananas. I hate to buy a bunch and have them spoil before the week is out. Our local Ingles has ripened bananas in bags for sale **cheap**. I buy them two bags at a time. I slice them thin and freeze in small bags. (You have to do this right away or they will spoil on you.) Each bag contains amount equal to a small banana (You be the judge. This can be 2/3 a large banana.) And is perfect for an individual shake. They keep beautifully in the freezer for up to a month. (They will begin to turn darker after that. I have kept and used them up to three months.) Frozen bananas are great for adding that frozen shake texture to a smoothie.

Walden's Chocolate has no fat, no sugar, etc. The thick liquid chocolate is wonderful in coffee and perfect for shakes and smoothies. If you crave chocolate as I do, you will really love this product. I can only find it locally in Ingles. They do have a website. I also love their caramel flavoring.

Fruit: I know fresh is better. However, it is also expensive and I like variety. I buy pineapple in a can. I buy frozen strawberries, mangoes, peaches, and berry mix. Frozen adds to texture of frozen shake. If you use fresh you will have to add more ice for a frozen shake.

Flavorings: I much prefer real fruit. However, some recipes may use flavorings such as strawberry, pineapple, and even rum. Have fun with your favorite combinations.

Sweetener: I know many people use artificial sweetener. However, I use Stevia. If you have not tried it, you should.

I have a small smoothie blender. However, I sometimes make more than one and it is more convenient to use the large blender. Don't think you have to go out and buy a special blender.

## **Recipes**

### **Banana Split Smoothie or Shake**

¼ cup All Whites Pasteurized Egg Whites

1 small ripe banana (fresh or frozen)

3 or 4 fresh or frozen strawberries (or 1/8 teaspoon strawberry flavoring)

1 Tablespoon of Walden's Chocolate

1 pack of Stevia

3 or 4 ice cubes for frozen shake

Blend, add tablespoon of water if too thick .

### **Pina Colada Smoothie**

¼ cup All Whites Pasteurized Egg Whites

Canned pineapple, crushed or chunk, ½ of small can (or 1/3 of regular can)

1/8 teaspoon coconut flavoring ( or use teaspoon of good quality coconut oil)

1/8 teaspoon rum flavoring

1 pack of Stevia

4 or 5 ice cubes

## **Jennifer's Morning Coffee Smoothie**

¼ cup All Whites Pasteurized Egg Whites

1 cup coffee the way you like it ( flavored or non dairy creamer? Stevia)

4 or 5 ice cubes

\*This smoothie is great with a tablespoon of Walden's Chocolate and/or Caramel. My favorite coffee blend is Chocolate Raspberry with non-dairy creamer, so I think this flavor is great. Jennifer loves regular coffee with rich, French vanilla creamer. \*\* Jennifer always adds a tablespoon of good quality coconut oil to her hot or frozen coffee.

I hope that you love these smoothie recipes. Try your own combination of fruits.

Frozen fruit such as mangoes or peaches should be about 1 cup

Try Bananas with a few Strawberries, and Kiwi

The secret to the smoothie is the protein in the egg whites and the natural sweetener makes it delicious. Note that this is a meal or snack replacement. If you count carbs, points, or calories you must take the ingredients into consideration.

Now, I have to add the following disclaimer.

### **Disclaimer**

The protein shake recipes are a gift to you. Neither Something Beautiful nor I makes claims to being an expert in any field related to exercise, diet or health and medicine and are not responsible for any success, failures or problems you have with your diet or the shakes.

You should never start a diet or exercise program without consulting your physician.