

# Whey Protein



### **INGREDIENTS:**

Whey (milk) protein isolate Contains: sunflower lecithin Packaged on equipment that also produces nut products.

#### **Nutrition Facts** Serving Size: 2 Tbsp (23g) Servings Per Container: About 20 **Amount Per Serving** Calories 90 Calories from Fat 0 % Daily Value\* Total Fat 0g Saturated Fat 0g 0% Trans Fat 0g 1% Cholesterol <5mg **2**% Sodium 40mg **Total Carbohydrate 2g** 1% Dietary Fiber 0g 0% Sugars 0g Protein 20g Vitamin A 0% Vitamin C 0% Calcium 8% Iron 0% \* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500 Total Fat Less than 80g Sat Fat 20g 25a Less than Cholesterol Less than 300mg 300mg 2,400mg Sodium Less than 2,400mg 300g 375g Total Carbohydrate Dietary Fiber



Package Weight: 16 oz. (454q)



## WHEY PROTEIN

### 16 OUNCE

### Chocolate Chip Protein Shake

8 ice cubes

¼ cup cottage cheese

¼ cup milk or almond milk

1/4 cup whipping cream

1½ Tablespoon Protein Powder

1 Tablespoon Powdered Simple Sweet

2 Teaspoon Vanilla

1/4 Teaspoon butter pecan flavoring

1/8 Teaspoon black strap molasses

2 Tablespoons Simple Foods Chocolate Chips Pinch of salt

1. Place all ingredients in blender, blend till smooth



### Ingredients:

Whey (Milk) Protein Isolate

