

Pom-Berry Morning Smoothie

INGREDIENTS:

2 scoops	Cinch™ Vanilla Shake Mix
1 cup	Nonfat milk or low fat soy milk
1/2 cup	Fresh strawberries
1 each	Pomegranate Cinch™ Energy Tea packet
4-6 each	Ice cubes

DIRECTIONS:

Combine all ingredients in blender. Blend until well mixed and smooth. Garnish with a fresh strawberry and serve immediately.

Makes 1 serving

Calories: 309/serving

NUTRITIONAL INFORMATION PER SERVING:

24g protein
47g carbohydrates
3 g fat
7g fiber

Estimated Food Group Serving Equivalents: 1 serving of Cinch Shake plus 1 serving of fruit