

Cherry Delight Cinch Shake

INGREDIENTS:

2 Scoops	Vanilla Cinch Shake Mix
1 C	Nonfat milk or lite soy milk
½ C	Fresh cherries, pits removed
½ tsp	Ground cinnamon
4-6 cubes	Ice

DIRECTIONS:

Combine all ingredients in a blender and blend until smooth and frothy. Serve in a tall glass and enjoy!

Makes 1 serving
Calories per serving: 319

NUTRITIONAL INFORMATION PER SERVING:

24 g protein
51g carbohydrates
3 g fat
8 g fiber

Special Note: Thank you Nancy Williams for submitting this recipe!

