PEACH MANGO SMOOTHIE by KathleenTokos
1 pkt Ideal Protein Peach Mango drink mix
1 pkt Ideal Protein Vanilla pudding mix
Water
Ice

Put the first three ingredients in blender with the correct amount of water (according to packets for pudding and drink mix) and blend. Add ice to have of mixture and service. Keep the remainder of the smoothie in refrigerator for another time.

LUIZA'S EGGNOG
1 Ideal Protein Readymade Vanilla Drink
3 drops of Brandy extract
Sprinkle of nutmeg and cinnamon to taste

Mix together the first three ingredients. Serve either hot or cold.
DRINKS:

CHOCOLATE DRINK
1 c Coffee
1 Splash Sugar Free Vanilla Creamer

Blend the two ingredients together. Pour into microwave safe cup and heat in microwave.

MOCHA DRINK
1 pkt cappuccino drink mix
1 pkt chocolate drink mix

Combine the cappuccino and chocolate drink mixes with water for two mixes (400 ml) and shake.

Share half with a friend or save the other half for a later meal.

ICED COFFEE
8 oz. Black iced coffee
1 Ideal Protein Readymade Vanilla drink
1 pkt Stevia

Pour vanilla drink into black iced coffee and mix in Stevia, if desired.