

STRAWBERRY SHAKE



INGREDIENTS

ITEM

Strawberry Cheese Cake
Ounces of Water
Vanilla Extract
Sweetener (optional) Stevia or Splenda
Ice Cubes

QUANTITY

1
8

5



PREPARATION

- ✔ In a blender, combine the 5 ice cubes, about 8oz of water and the strawberry cheese cake.
- ✔ Add a dash of Vanilla extract to taste and sweetener if desired.
- ✔ Blend well until you have a smoothie consistency.
- ✔ Serve and Enjoy!
- ✔ Phase Approved: Phases 1-3