

SUPER MILKSHAKE

INGREDIENTS

1 cup (250 ml) fortified milk*
½ cup (125 ml) ice cream
¼ cup (60ml) pasteurized egg whites
1-2 tablespoons (15-30ml) canola oil

PREPARATION

Combine all ingredients in a blender and mix.

*How to get fortified milk:

1. Make yourself: Mix 1 cup (250 mL) milk (3.25% M.F.) with ¼ cup milk powder.
2. Buy: *Natrel Plus* or *Joyya* with 18 g protein or *Ultrapur* of *Lactantia* with 50% more protein.

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