



# SHAMROCK SHAKE

## INGREDIENTS

1 Cup Ice

2-3 Cups Milk (or milk alternative)

1 Scoop of PowerStrength Vanilla Protein Powder

1/2 banana

Vanilla Extract to Taste

Peppermint Extract to Taste (A LITTLE GOES A LONG WAY!)

Green Food Coloring (if you would like to keep it festive)

## DIRECTIONS

**1.** Place ingredients into blender. Blend until all ingredients are thoroughly mixed.

**2.** Pour into glass and enjoy!