

## **sunrise shakes**

*a sweet way to pack in the protein*

Yield: 2 drinks

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### ingredients:

shake #1

1 c plain yogurt

1/2 c water

8 ice cubes

3 oz frozen orange juice  
concentrate

1 egg

2 tbsp sugar

shake #2

1 cup raspberry yogurt

1 c nonfat milk

8 ice cubes

3 oz frozen lemonade  
concentrate

1 egg

### preparation:

Put all ingredients into a quart jar with a tight lid and shake until cold and well-blended. Pour into tall glasses to serve. Makes 2 drinks.

For a powerhouse drink, add a scoop or two of protein powder and shake well.

*Note: some raw eggs have been found to carry salmonella bacteria. It is recommended that you wash the shells before cracking. Salmonella can be a serious risk for very young children, during pregnancy or for those who are immune-compromised.*

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