



Enhance Your Protein Shake

Shake up your protein shake with some flavor and fun with the following ideas:

1. Flavor with **EXTRACTS**:

* Extracts are a great sugar-free way to add flavor to any shake. Usually you just need a drop or two to add a flavorful punch, so go slowly and taste-test along the way to get a flavor that works for you. Below are some ideas that may work well with popular protein shake options:



- McCormick's Pure Vanilla Extract
- Baker's Imitation Vanilla Flavor (contains no alcohol; will not freeze out)
- McCormick's Cinnamon Extract
- McCormick's Pure Peppermint Extract
- McCormick's Imitation Coconut Extract
- McCormick's Pure Orange or Raspberry Extracts



2. Spice up with **SYRUPS**:

* Have you ever gotten a "flavor shot" in a coffee at Dunkin Donuts or Starbucks? Chances are that flavor came from a syrup. These companies make a range of sugar-free syrups to satisfy any picky palate:

- Da Vinci Gourmet – Offers 40+ sugar-free syrup options including pumpkin pie and watermelon (http://www.davincigourmet.com/products/sugar_free_flavored_syrups/).
- Torani – Offers 30+ sugar-free syrup options including black cherry and Irish cream (<http://www.torani.com/#/products/search/all/sugarfree>).

3. Season with **SPICES**:

* Spices aren't only meant for cooking – they are great in shakes as well. Some ideas:

- Cinnamon
- Ginger
- Nutmeg
- Cloves



4. Cool off with protein **POPS**:

* Think ice pops are only for the youngsters? Think again! Preparing a protein shake ahead of time and pouring it into a frozen popsicle tray (see above) is a great way to get your protein in.

5. Have a blast in a **GLASS**:

* Presenting your shakes nicely can help you to enjoy them more. Here are some tips for fun and fancy glassware:

- Choose a GLASS glass – The weight off the glass in your hand will help you appreciate the shake as a meal, rather than something you have to drink after surgery.
- Add a garnish – Cut up an orange or strawberry and it to the top of your glass as a garnish (but, please save eating the fruit for diet stage 4!).
- Chill your glass – Put your glass in the freezer ~ ½ hour before you plan on enjoying your shake. Pour your shake into the icy cold glass and *enjoy!*



Note: If you are sensitive to smells after your surgery, drinking a shake from a bottle with a small opening may help to minimize any smell from the protein.

Recipes

Orange Creamsicle Protein Shake

8 oz. milk (1% or skim milk, light soy milk, lactaid milk)

1 scoop of vanilla protein powder

1-2 drops of Pure Orange Extract (to taste)

Mix together and enjoy.



Raspberry Cheesecake Protein Shake (<http://theworldaccordingtoeggface.blogspot.com>)

8 oz. milk (1% or skim milk, light soy milk, lactaid milk)

1 scoop of vanilla protein powder

2 Tablespoons Sugar Free Raspberry Torani Syrup

1 Tablespoon Jell-O Sugar-Free Instant Cheesecake Pudding Mix, dry

3-4 Ice Cubes

Blend all ingredients together on High.



Mint Chocolate Delight Protein Shake

8oz. chocolate protein shake

Pure Peppermint Extract

Mix together and enjoy.



Pumpkin Spice Shake (adapted from <http://theworldaccordingtoeggface.blogspot.com>)

8 oz. water **or** 4 oz. milk (1% or skim milk, light soy milk, lactaid milk) + 4 oz. water

1 scoop of vanilla protein powder

Da Vinci Pumpkin Pie sugar free syrup to taste

Dash of pumpkin pie spice

Place water in the blender first, then powder, then additions. Blend on low then high till well blended.



Macho Mocha Cinnamon Shake

8 oz. milk (1% or skim milk, light soy milk, lactaid milk)

1 scoop of chocolate protein powder

½ tsp. cinnamon

1 tsp. decaffeinated instant coffee

Mix together and enjoy.

