

Chocolate Covered Cherry

Antioxidant-rich!

Show your heart how much you care! Enjoy this great tasting, heart-healthy shake immediately following your workout or add Flax Seed Oil and make it a meal replacement.

This shake is a "hearty" blend of Chocolate Whey Protein, Chocolate Soy Milk, Antioxidant-rich Cherries and a synergistic blend of soluble and insoluble fibers found only in our 'Healthy Heart'.

Eat Well!

Chocolate Covered Cherry

Ingredients:

3 oz.	Wild Cherry Cranberry Puree/Water Mix
3 oz.	Chocolate Soy Milk
1 ½ scps.	Chocolate Whey Protein
2 scps.	Healthy Heart
1 scp	Freeze Dried Strawberries (to Pulse)

Directions:

1. Fill ice scoop measure to the "Protein" ice line (12 oz)
2. Add ice and ingredients to the blender and push #4
3. Once blended, add strawberries and pulse (P) blender for one or two seconds to break up the fruit

Nutritionals:

Calories:	435 g
Carbs:	50 g
Protein:	34 g
Sugars:	35.2 g
Fat:	2.4 g



PERFORMANCE FOOD CENTERS
WHOLE FOODS ENGINEERED BY NATURE

You Are What Your Food Eats!

– Dan Young, Founder of PFC Corp. and Dan's Essentials

