



Protein Shake



INGREDIENTS

	10 Ounces
HORMEL VITAL CUISINE® shake mix (Vanilla Item 28289, Strawberry Item: 28696, Chocolate Item: 38316)	1/4 cup
Sugar	1 Tbsp
PROPASS® instant whey protein supplement Item: 13126	1 Scoop
Neutral oil (such as vegetable, canola, or corn)	1 Tbsp
Whole milk	8 oz.

NUTRITION

Serving Size: ~10fl oz.
Calories: 500
Total Fat: 24g
Saturated Fat: 8g
Trans Fat: 0g
Cholesterol: 65mg
Sodium: 250mg
Total Carbs: 52g
Dietary Fiber: 2g
Total Sugars: 51g
Added Sugars: 32g
Protein: 20g
Vitamin D: 2.5mcg
Calcium: 470 mg
Iron: 6.3 mg
Potassium: 605 mg

DIRECTIONS

- In blender bottle, combine 1/4 cup VITAL CUISINE® shake mix, sugar and PRO PASS®.
- In measuring cup, combine milk and oil.
- Add milk mixture to dry ingredients. Shake until well combined.
- Refrigerate until ready to serve. Yield: 10 ounces.

Cold food can be held without temperature control for up to 6 hours if:

- It was held at 41 ° F (5°C) or lower before removing it from refrigeration.
- It does not exceed 70 ° F (21 °C) during service.
 - Throw out food that exceeds this temperature.
- It has a label specifying
 - Time it was removed from refrigeration.
 - Time it must be thrown out.
- It is sold, served, or thrown out within 6 hours.

PREPARATION TIPS

To Make Ahead: Prepare shake as indicated above. The shake may be refrigerated for up to 24 hours prior to serving.

To Freeze: Prepare product as indicated above. Place in freezer overnight.

To Thaw for Serving: Thaw product in refrigerator overnight. For a soft serve ice cream texture, let product set at room temperature (70° F/21 °C) for 30 minutes. Product will be thawed at room temperature (70° F/21 °C) after 2 hours.