

Patrick Blackwell presents...

Susan's

# Muscle Blaster Turbo Power Shake



Place in blender:

6 oz. orange juice

3 oz. skim milk

$\frac{1}{3}$  banana

$\frac{1}{4}$  tsp. vitamin C powder

$\frac{1}{3}$  cup protein powder

3 ice cubes

Blend. Drink. Wow!