



BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES

USING CRYSTAL SKY NECTAR

FRUIT FREEZE

½ cup skim milk
1 scoop Nectar, Crystal Sky
5 strawberries, frozen, no added sugar
2 peach slices, frozen, no added sugar
¼ cup pineapple, canned, packed in juice

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 233 calories; 28 grams protein; 0 grams fat; 127 mg sodium, 308 mg calcium.

CRYSTAL SKY MILK

1 cup milk, skim
1 scoop Nectar, Crystal Sky
4 ice cubes

Stir Nectar into milk and pour over ice or blend with ice. Sit to let foam settle. Makes one serving.

NUTRITION INFORMATION PER SERVING: 176 calories; 31 grams protein; 0 grams fat; 186 mg sodium, 452 mg calcium.

CRYSTAL SKY YOGURT

1 cup plain, fat free yogurt
1 scoop Nectar, Crystal Sky

Stir Nectar into yogurt. Makes one serving.

NUTRITION INFORMATION PER SERVING: 220 calories; 36 grams protein; 0 grams fat; 230 mg sodium, 600 mg calcium.

CRYSTAL SKY YOGURT PLUS

1 cup plain, fat free yogurt
2 scoops Nectar, Crystal Sky

Stir Nectar into yogurt. Makes one serving.

NUTRITION INFORMATION PER SERVING: 310 calories; 59 grams protein; 0 grams fat; 290 mg sodium, 750 mg calcium.

CRYSTAL SKY YOGURT SMOOTHIE

1 cup plain, fat free yogurt
1 scoop Nectar, Crystal Sky
1/2 cup milk, skim

Place all ingredients in blender. Blend until smooth. Makes one serving.

NUTRITION INFORMATION PER SERVING: 264 calories; 40 grams protein; 0 grams fat; 284 mg sodium, 752 mg calcium.

CRYSTAL SKY CREAMSICLE

½ scoop Nectar, Crystal Sky
½ scoop Matrix 5.0, Simply Vanilla
6 oz cold water
4 ice cubes

Stir all ingredients together or use a shaker cup and pour over ice or blend with ice. Makes one serving.

NUTRITION INFORMATION PER SERVING: 165 calories; 35 grams protein; 2 grams fat; 180 mg sodium, 225 mg calcium.