

BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES

USING NECTAR VERY CHERRY BERRY

VERY BERRY

½ cup milk, skim
5 strawberries, frozen, no added sugar
¼ cup raspberries, frozen, no added sugar
½ cup plain yogurt (unflavored), fat free
1 scoop Nectar, Very Cherry Berry
Splenda to taste

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: 230 calories; 31 grams protein; 0 grams fat; 183 mg sodium, 441 mg calcium.

CHERRY BERRY BANANA FROST

½ cup milk, skim
1 scoop Nectar, Very Cherry Berry
½ banana, ripe
4 ice cubes

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: 186 calories; 28 grams protein; 0 grams fat; 124 mg sodium, 355 mg calcium.

FRUIT FREEZE

½ cup skim milk
1 scoop Nectar, Very Berry Cherry
5 strawberries, frozen, no added sugar
2 peaches, 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.

VERY CHERRY BERRY MILK

1 cup milk, skim
1 scoop Nectar, Very Cherry Berry
4 ice cubes

Stir one scoop of Nectar Very Cherry Berry 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.

VERY CHERRY BERRY YOGURT

1 cup plain, fat free yogurt
1 scoop Nectar, Very Cherry Berry

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.

VERY CHERRY BERRY YOGURT PLUS

1 cup plain, fat free yogurt
2 scoops Nectar, Very Cherry Berry

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.

VERY CHERRY BERRY YOGURT SMOOTHIE

1 cup plain, fat free yogurt
1 scoop Nectar, Very Cherry Berry
½ 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.

VERY CHERRY BERRY CREAMSICLE

½ scoop Nectar, Very Cherry Berry
½ scoop Matrix 5.0, Simply Vanilla
6 oz cold water
4 ice cubes

Stir all ingredients together or use a shaker cup. Makes one serving.

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

CHOCOLATE DREAM

½ scoop Matrix 5.0, Perfect Chocolate
½ scoop Matrix 5.0, Simply Vanilla
8 oz milk, skim

Stir ingredients together or use shaker cup. Makes one serving.

NUTRITION INFORMATION PER SERVING: 206 calories; 31 grams protein; 2 grams fat; 276 mg sodium, 452 mg calcium.