

## [EAS PROTEIN SHAKE RECIPES](#)



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### **EAS Lean 15 Shake Recipe My Protein Shake Recipes**

4 Scoops Eas Lean 15 Protein Powder (Vanilla or Chocolate) 1 Banana; 1 Cup of Strawberries; 1-2 Cups of Water; 1 tablespoon of Flax Seed Oil; 3-5 Ice Cubes; Directions. As as the case with most protein shake recipes, the directions are quite simple. Just combine all of the ingredients into a blender and then blend until everything is blended and mixed well.

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### **EAS protein powder Archives My Protein Shake Recipes**

In my opinion, this protein shake recipe tastes great with either a chocolate or vanilla protein powder. I will often use this as a meal replacement since I often due my runs around lunch time. The EAS Protein Powder is a great all-around protein and is very reasonably priced. I would highly recommend it.

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EAS Myoplex Recipe Tips. For a smoother shake, add ingredients to blender one at a time. Add MORE liquid for a "thinner" shake and LESS for a "thicker" shake. Add more ice of an ice-cream-like consistency and less ice for a milk-like consistency. Add more or less fruit or other ingredients to suit your taste.

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