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Do-It-Yourself Protein Drink Recipes

Chocolate & Peanut Butter Drink

Yields: 9 Cups / 72 oz.

Ingredients

8 Cups Chocolate Milk
1 Cup Heavy Cream
1/2 Cup Smooth Peanut Butter
1 Cup Nonfat Dry Milk Powder

Directions

Blend all ingredients thoroughly.
Chill and Serve.

IDDSI Flow Test Results

Recipe test is Slightly Thick, Level 1.
If 6g SimplyThick® (1 pump) added to 4 oz of beverage, recipe is Mildly Thick, Level 2.
If 12g SimplyThick® (2 pumps) added to 4 oz of beverage, recipe is Extremely Thick, Level 4.

Serving Size	Calories	Protein
1 oz	52	2.5g
4 oz	207	10g
8 oz	414	20g

Vanilla Drink

Yields: 9 Cups / 72 oz.

Ingredients

8 Cups Whole Milk
1 Cup Heavy Cream
1/2 Cup Sugar
1 Cup Nonfat Dry Milk Powder
2 TB Vanilla Extract

Directions

Blend all ingredients thoroughly.
Chill and Serve.

IDDSI Flow Test Results

Recipe test is Thin, Level 0.
If 6g SimplyThick® (1 pump) added to 4 oz of beverage, recipe is Mildly Thick, Level 2.
If 12g SimplyThick® (2 pumps) added to 4 oz of beverage, recipe is Moderately Thick, Level 3.
If 18g SimplyThick® (3 pumps) added to 4 oz of beverage, recipe is Extremely Thick, Level 4.

Serving Size	Calories	Protein
1 oz	37	1g
4 oz	146	5g
8 oz	292	10g