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"Primum Non Nocere"

RICH PROTEIN SHAKE

- 1 scoop natural flavor whey peptides protein powder*
- 2 T. unsweetened cocoa powder (optional for flavor)
- 2-1/2 tsp. crystalline fructose*
- 9 raw almonds or 9 raw cashews or 3 macadamia nuts or 1-1/2 tsp. of natural peanut, almond, or cashew butter; or 1-1/2 tsp. pure 100% olive oil (not extra virgin)
- 1 cup frozen unsweetened fruit (e.g. strawberries, cherries, blueberries, raspberries, blackberries or peaches, etc.)
- 8 oz. low fat milk or unsweetened soymilk
- 1/2 tsp. pure vanilla extract
- 2 ice cubes
- 1/2 tsp. apple pectin powder* (optional for added thickness & fiber)

Place dry ingredients, fruit, and nuts in a blender, add milk and vanilla. Blend at high speed for 90 seconds or until smooth. If too thin, add more fruit. If too thick, add more milk. If you use a hand held vertical mixer and a large cup or glass, the clean up will be easier.

Use as a meal replacement or a snack. For a cooler shake, add extra ice cubes while blending. If you can't tolerate cow's milk or soymilk, substitute water and use 1-1/2 scoops protein powder.

Protein powder, fructose, and apple pectin powder are available for purchase in our office. Please avoid protein powders containing acesulfame, aspartame (NutraSweet™), or additional sugar. Soy protein powders are fine if you enjoy their stronger flavor. Whey peptides taste blander than soy and seem more palatable for most pregnant women and children. For extra sweetening without adding sugar try stevia, a concentrated herbal sweetener available at health food stores. Part stevia and part fructose works very well for sweetening these shakes.

You *must use* the healthy monounsaturated fats recommended in this recipe, that is the nuts or nut butter or olive oil. These fats function to richen the flavor, slow the absorption of the carbohydrates, and satisfy your hunger.

Adults or children can use this shake as a healthy snack instead of ice cream to satisfy their cravings for sweets. Equivalent to 3-1/2 Zone blocks: Protein 26 gm; Carbohydrate 33 gm; Fat 10 gm; calories 326.

**These items available for sale in our office.*