



Max Fit Smoothie

2 scoops Maximum Protein

2 scoops Nutriburst

2 ounces Mistica

1/2 cup frozen strawberries

1/2 cup frozen blueberries

1/2 banana

1 cup skim milk

1/2 cup ice

Add all ingredients together in a blender, mix to the desired consistency and enjoy! Fruit and milk are optional ingredients.