



Action Malt Shop Milk Shake

1 Full Scoop Action Whey™
5-6 oz cold milk* or dairy substitute*
Stir, Blend, or Shake



The Power Shot

1 Full Scoop Action Whey™
4 oz cold water
Stir, Blend, or Shake



Pro-Tein Pudding

1 Full Scoop Action Whey™
1/4 cup cold milk*
Stir briskly with a fork
Chill in refrigerator for 1 hour



Banana Blitz

1 Full Scoop Action Whey™
4 oz cold water (or 5-6 oz milk*)
1/2 Banana*
Optional: Sprinkle of Nutmeg or Cinnamon
Blend



Nutty Nanner

1 Full Scoop Action Whey™
4 oz cold water (or 5-6 oz milk*)
1/2 Banana*
1 Tbsp Peanut Butter*
Blend



Smooth Berry

1 Full Scoop Action Whey™
4 oz cold water (or 5-6 oz milk*)
1/4 cup Blueberries*
1/4 cup Strawberries*
Blend



Peanut Butter Cup

1 Full Scoop Action Whey™
4 oz cold water (or 5-6 oz milk*)
1-2 Tbsp Peanut Butter*
Blend



Orange Dreamsicle

1 Full Scoop Vanilla Action Whey™
4 oz milk* or dairy substitute
4 oz Orange juice
Blend