

4Fit Bodies by DAVE HANSEY Recipes



Blended Coffee Shop Visalus Smoothie

- 2 cups Starbucks Via Flavored Instant Coffee (vanilla or mocha or caramel) or 2 cups of your favorite coffee, not hot
- 2 cups unsweetened Almond Milk (Silk is 35 calories per cup)
- 4 scoops Visalus
(or two serving packages - 90 calories per serving)
(you can use less or more to adjust calories and protein up or down)
- ice (4-6 cubes depending on how frosty you like your smoothie)

Puree in blender or smoothie maker and serve immediately -- Makes 2 servings

160 calories, 13g protein - per serving

Check out my new site for more great recipes (www.douglasvilleweightloss.com)

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