

Lap Band and Dieting

Lap Band and Dieting

For those individuals who are in search of some protein, one opportunity is a caramel crunch protein shake.

In order to make the shake, the individual will need the following;

* 8 ounces skim, 1% or soymilk

* 1 scoop vanilla protein powder

* 1 Tablespoon toasted wheat germ

* 1 Tablespoon sugar-free instant pudding mix, butterscotch flavor

* 1 teaspoons sugar free caramel syrup

* handful of ice

Directions to the Caramel Crunch Protein Shake

In a blender, combine all ingredients, blending until the shake is smooth. Add more ice if necessary.