

**INGREDIENTS:**

- 1-1½ cups of hot water
- 1-2 tea bags, passion fruit
- 1 scoop of unflavored whey protein isolate powder OR lemonade whey protein powder
- 1 packet of sugar free lemonade water enhancer
- 1½-2 cups of ice

*Passion Fruit Lemonade Protein Shake*

**DIRECTIONS:**

1. Heat water in microwave for 1.5-2 minutes until water is hot.
2. Brew tea bags for 5 minutes to desired temperature and remove tea when finished brewing. Use 2 tea bags if you want a stronger brew.
3. Add 1 scoop of unflavored protein powder and lemonade water enhancer OR just add lemonade protein powder. Whisk or stir until completely dissolved.
4. Pour mixture on about 1½-2 cups of ice in your favorite travel cup or glass and enjoy.



**NUTRITION FACTS:**

Calories 150; Total Carbohydrates 0-5g, depending on your water enhancer;  
Protein 30g; Total Fat 0g



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