

Sunburst Surprise

Nothing wakes you up in the morning like orange juice and a rich source of protein. This recipe has both and it's yummy!

Serves: 1

Ingredients

- 1/4 cup cold organic nonfat milk
- 3/4 cup orange juice
- 2 tablespoons [vanilla protein powder](#)
- 1 teaspoon organic honey
- 4 ice cubes

Directions

1. Blend to desired consistency and enjoy!

