

Dialyvite® Whey Plus Protein Breakfast Smoothie



A refreshing breakfast smoothie of fruit and oatmeal, combined with the benefits of Dialyvite®'s Whey Plus Protein.

Ingredients:

½ cup Apple, cored and chopped
½ cup Frozen Dark Cherries, unsweetened
½ cup 100% Apple Juice
½ teaspoon ground cinnamon
¼ cup dry, Old-fashioned Oatmeal
1 scoop Dialyvite® Whey Plus Protein

Directions:

Put fruit and juice in blender.
Add the oatmeal and cinnamon on top.
Gradually add Dialyvite®'s
Whey Plus Protein while
blending.
Blend until thoroughly mixed.

Each serving contains approximately:

13 grams of Protein .5 grams of Total Fat 0 grams Saturated Fat 30 grams of Sugar 15 milligrams of Sodium
485 milligrams of Potassium 4 grams Dietary Fiber 140 milligrams of Phosphorus 50 grams of Carbohydrates 135 Calories