



Vanilla Chai Shake

1 Serving

Ingredients:

1 sachet Creamy Vanilla IsaLean Shake

¼ tsp Ground Cinnamon

¼ tsp Ground Ginger

¼ tsp Ground Nutmeg

240 ml Water

Ice

Instructions: Mix spices in a bowl. Add IsaLean Shake powder and mix. Fill your blender bottle with water. Add the shake/spice mix. Shake well! Add ice and blend for 30 seconds. Shake and blend for another 30 seconds. **ENJOY!**