

SHAKE UP YOUR SPRING WITH THE Quick Shake

For Breakfast

Scramble your Eggs
Instant Breakfast Drinks
Yogurt Smoothies

For Lunch

Diet Drinks (Slimfast)
Protein Shakes

For Dinner

Dressing for your Salads
Marinades for your Meats
Dips for your Veggies and Chips
Gravies for your Potatoes

For Dessert

Instant Pudding (The kids LOVE to do this!)
Milkshakes

Other Ideas

Baby Formula!
Eggs for Camping
"Shaken" Drinks

Riveria Salad Dressing

1/2 Cup Mayonnaise
1/3 Cup Sugar
2 TBSP White Vinegar
2 TBSP Sour Cream
1/4 Cup Milk
1 TBSP Poppy Seeds
Put everything in the Quick Shake, cover, and mix.
Enjoy over tossed salad greens, sliced strawberries, sliced red onion, and chopped pecans.

Chocolate Dream Shakes

3/4 Cup Milk
1/2 Cup Chocolate Syrup
1 TBSP Instant Coffee
3 Scoops Vanilla Ice Cream
Put milk, syrup, and instant coffee in container. Put in blender and place seal on and start shaking! Add ice cream and shake some more! Enjoy! Makes 2 8oz servings.