

Diabetic-Friendly Shake Recipe: Lemon Drop



1 portion contains approximately: 220 calories - 27 g protein - 6 g fat - 15 g carbohydrates

Ingredients (for 1 person)

- **8 Tbsp** Almased
- **12 oz** bottled or filtered water
- **2 1/2 tsp** lemon extract
- **1 tsp** oil (olive, flaxseed or walnut)
- **1 tsp** stevia (optional)

Preparation



In a blender or shaker bottle, combine Almased, liquid and other ingredients. You may add ice, if desired. Blend or shake until smooth and enjoy right away.

* The shakes should be prepared with your individual serving size. See 'How to properly dose your Almased shake' for dosing instructions. Please keep in mind that this will also change the nutritional information of the shakes.