



Ingredients

1 sachet Calshake Vanilla
240 ml full-fat milk (3.5% fat)
1 table-
spoon cocoa powder (10 g)

Nutritional information per serving:

Energy 628 kcal
Protein 14.0 g
Fat 32.0 g
Carbohydrate 71.0 g
Fibre 2.6 g



Preparation

Put all ingredients in a shaker and shake well.

TIP:

Substitute
Calshake Vanilla
with Calshake
Chocolate.