

# Basic Weight Gain Shake

*Also great for sore mouth. Add frozen banana if desired.*

**MAKES 1 SERVING**

1/2 cup chocolate nutritional energy drink supplement, chilled  
1/2 cup reduced-fat vanilla ice cream

Place supplement and ice cream in a blender and blend until well mixed. Pour into a large glass and serve.

## ***Nutritional information per serving***

*Calories 228, Protein (g) 8, Carbohydrate (g) 39, Fat (g) 4, Cal. from Fat (%) 16, Saturated Fat (g) 1, Dietary Fiber (g) 1, Cholesterol (mg) 5, Sodium (mg) 109, Diabetic Exchanges: 0.5 very lean meat, 1.5 starch, 1 other carb., 0.5 fat*

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## **DOC'S NOTES:**

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Great supplement for extra calories as it includes all the vitamins and nutrients you need to survive.