

BARIX CLINICS HIGH PROTEIN FULL LIQUID RECIPES USING MATRIX 5.0 PERFECT CHOCOLATE

CHOCOLATE BANANA

½ cup milk, skim
1 scoop Matrix 5.0, Perfect Chocolate
½ banana, ripe
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 215 calories; 27.5 grams protein; 2 grams fat; 213 mg sodium; 305 mg calcium.

DOUBLE CHOCOLATE FUDGE

½ cup milk, skim
1 packet hot cocoa mix, no added sugar
1 scoop Matrix 5.0, Perfect Chocolate
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 211 calories; 35.5 grams protein; 2 grams fat; 386 mg sodium; 391 mg calcium.

CHOCOLATE MOCHA

½ cup milk, skim
1 1/3 Tbsp General Foods International Swiss Mocha Instant Coffee, sugar free
1 scoop Matrix 5.0, Perfect Chocolate
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one serving.

NUTRITION INFORMATION PER SERVING: 188 calories; 27 grams protein; 2 grams fat; 284 mg sodium; 301 mg calcium.

CHOCOLATE PEANUT BUTTER CUP

½ cup milk, skim
1 scoop Matrix 5.0, Perfect Chocolate
1 Tbsp peanut butter, creamy
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 258 calories; 31 grams protein; 10 grams fat; 246 mg sodium, 301 mg calcium.

BANANA SPLIT

½ cup milk, skim
1 scoop Matrix 5.0, Perfect Chocolate
½ banana, ripe
1/8 cup pineapple, canned, packed in juice
3 strawberries, frozen, no added

Put all ingredients into blender. Blend on high for 45 seconds. Strain through a fine metal mesh strainer. Makes one serving.

NUTRITION INFORMATION PER SERVING: 268 calories; 28 grams protein; 2 grams fat; 214 mg sodium, 306 mg calcium.

HOT COCOA

1 cup milk, skim
1 scoop Matrix 5.0, Perfect Chocolate

Heat milk in microwave on high power for 90 seconds or until desired temperature is reached. Stir in Matrix 5.0 until dissolved. Makes one serving.

NUTRITION INFORMATION PER SERVING: 206 calories; 31 grams protein; 2 grams fat; 306 mg sodium, 452 mg calcium.

CHOCOLATE DREAM

½ scoop Matrix 5.0, Perfect Chocolate
½ scoop Matrix 5.0, Simply Vanilla
8 oz milk, skim

Stir ingredients together or use shaker cup. Makes one serving.

NUTRITION INFORMATION PER SERVING: 206 calories; 31 grams protein; 2 grams fat; 276 mg sodium, 452 mg calcium.
