

Protein Sago Drink



Ingredients

- ☐ Arla Protein Shake (Strawberry and Raspberry)
- ☐ Boiled Sago
- ☐ Strawberry Jelly
- ☐ Chia Seeds
- ☐ Ice

Directions

- 1 In a pitcher, pour in the chopped jelly, boiled sago, chia seeds, and Arla Protein Shake.
- 2 Mix well until all ingredients are combined.
- 3 Serve in a glass filled with ice for a refreshing experience.

This drink is perfect at any time of the day! Here are some fun ways to enjoy it:

- 4 Post-Workout Refresher: Replenish your energy after a workout with this protein-rich drink.
- 5 Afternoon Snack: Enjoy it as a nutritious snack to keep energized throughout the day.
- 6 Dessert Alternative: Serve it as a light dessert option for a guilt-free sweet treat.

Arla Protein, fuel your drive!

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