

Tips

Banana Shake

Add 1 drop rum extract- make as pudding

Banana & Chocolate Shake

½ packet of Banana and ½ packet Chocolate

Vanilla Shake

Add Diet Orange Crush soda (Dreamsicle)

Diet Cherry Coke

Make as pudding

Chicken Soup

And more than 8oz of water, cut up two pieces of celery stock into small pieces

Add a hot sauce, salt, pepper, microwave soup until celery is tender 2-3 minutes