

Basic HMR®  
Shake

How to Make a Basic HMR® Shake



4–6 oz. cold water  
1 scoop [HMR 120](#) (or one packet any HMR Shake mix)  
4 or more\* ice cubes

1. Pour cold water into a blender. Start blending.
2. Add one scoop or packet of HMR Shake mix.
3. Add ice cubes, one at a time, replacing the blender cover after adding each ice cube.
4. Continue mixing until ice is thoroughly blended—about 1 minute.
5. Want to feel really full? Add extra ice and blend even longer!

Ready in less than 2 minutes!

**\*Blenders and ice cube sizes vary. Experiment with the amount of water and ice to make your shake exactly the way you want.**

**Try These Fruit Mix-ins:**

Bananas, strawberries, peaches, cherries, mixed berries, pineapple, raspberries. You can also mix and match any of these fruits!