

## Cherry Cheesecake Shake

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6 oz. cold water  
1 scoop [HMR® 120 Vanilla](#) (or one packet any vanilla HMR Shake mix)  
1 cup frozen cherries  
1 tablespoon sugar-free, fat-free Jell-O® brand cheesecake pudding mix

1. Pour water into a blender.
2. Begin mixing on lowest speed.
3. While blender is on, add shake mix and pudding mix. Blend for 10 seconds.
4. Add frozen cherries, a few at a time.
5. Continue blending until smooth.
6. If you'd like a creamier shake, add a few ice cubes and continue mixing.

**Calories: 255**  
**Fruit Servings: 1**

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**Try Other Fruit Mix-ins:**  
Bananas, strawberries, peaches, mixed berries, pineapple, raspberries.  
You can also mix and match any of these fruits!