## **Early to Rise Customer Support**

Knowledgebase > 6 Minutes to Skinny > I am unable to have dairy or almond milk in my shake, what can I use instead?

## I am unable to have dairy or almond milk in my shake, what can I use instead?

Honey - 2020-02-07 - 6 Minutes to Skinny

If you can't do dairy, and don't like almond milk, replacing with water is fine, add 4 ice cubes for thickness.