



# MOCHA MINT

<b>486</b>	<b>54g</b>	<b>55g</b>	<b>7g</b>
<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>

**INGREDIENTS:**

<b>1 OZ</b>	ENVELOPE SWISS MOCHA COFFE MIX
<b>1 DROP</b>	PEPPERMINT EXTRACT
<b>2 SCOOPS</b>	WHEY PROTEIN POWDER VANILLA (22 GRAMS / PER SCOOP)
<b>½ C</b>	NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

# ORANGE BANANA

<b>607</b>	<b>57g</b>	<b>88g</b>	<b>6g</b>
<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>

**INGREDIENTS:**

<b>1 C</b>	ORANGE JUICE
<b>1</b>	LARGE BANANA
<b>2 SCOOPS</b>	WHEY PROTEIN POWDER VANILLA (22 GRAMS / PER SCOOP)
<b>½ C</b>	NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

