



THIN MINT

437

CALORIES

50g

PROTEIN

40g

CARBS

10g

FAT

INGREDIENTS:

- 1 DROP PEPPERMINT EXTRACT
- 1 OREO COOKIE
- 2 SCOOP WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/PER SCOOP)
- 1 C NON-FAT MILK

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

