



# THIN MINT

437

CALORIES

50g

PROTEIN

40g

CARBS

10g

FAT

## INGREDIENTS:

|                |   |
|----------------|---|
| <b>1 DROP</b>  | PEPPERMINT EXTRACT                                    |
| <b>1</b>       | OREO COOKIES  |
| <b>2 SCOOP</b> | WHEY PROTEIN POWDER<br>CHOCOLATE (22 GRAMS/PER SCOOP) |
| <b>1 C</b>     | NON-FAT MILK  |

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

