IMF IMpowered Fitness

THIN MINT

437	50g	40g	10g
CALORIES	PROTEIN	CARBS	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.