



# MOCHA MINT

486	54g	55g	7g
CALORIES	PROTEIN	CARBS	FAT

## INGREDIENTS:

<p><b>1 OZ</b></p> <p><b>1 DROP</b></p> <p><b>2 SCOOPS</b></p> <p><b>½ C</b></p>	<p>ENVELOPE SWISS MOCHA COFFE MIX</p> <p>PEPPERMINT EXTRACT</p> <p>WHEY PROTEIN POWDER VANILLA (22 GRAMS/PER SCOOP)</p> <p>NON-FAT MILK</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



# ORANGE BANANA

607	57g	88g	6g
CALORIES	PROTEIN	CARBS	FAT

## INGREDIENTS:

<p><b>1 C</b></p> <p><b>1</b></p> <p><b>2 SCOOPS</b></p> <p><b>½ C</b></p>	<p>ORANGE JUICE</p> <p>LARGE BANANA</p> <p>WHEY PROTEIN POWDER VANILLA (22 GRAMS/ PER SCOOP)</p> <p>NON-FAT MILK</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

