



# 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>10Z</b>      | ENVELOPE SWISS MOCHA COFFE MIX                                       |
| <b>1 DROP</b>   | PEPPERMINT EXTRACT   |
| <b>2 SCOOPS</b> | WHEY PROTEIN POWDER VANILLA<br><small>(22 GRAMS / PER SCOOP)</small> |
| <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<br><small>(22 GRAMS / PER SCOOP)</small> |
| <b>½ C</b>      | NON-FAT MILK   |

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

