



# Fitness Aspects

For the Body & Mind

## 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 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.

