



Mocha Mint

2 scoops Creamy Chocolate Whey Smooth
One, 1oz envelope Swiss mocha coffee mix
1 drop peppermint extract
1½ cups nonfat or 2% milk

Place all ingredients in blender and blend until smooth.
Add crushed ice as desired for a rich milkshake effect.

With skim milk

Calories	486
Fat (g)	7
Saturated Fat (g)	4
Cholesterol (mg)	92
Sodium (mg)	450
Carbohydrate (g)	55
Fiber (g)	4
Protein (g)	54
Calcium (mg)	814

With 2% milk

Calories	534
Fat (g)	13
Saturated Fat (g)	8
Cholesterol (mg)	114
Sodium (mg)	406
Carbohydrate (g)	53
Fiber (g)	4
Protein (g)	53
Calcium (mg)	770

