



**THIN  
MINT**

**437**

Calories

**50g**

Protein

**41g**

Carbs

**10g**

Fat

- 1 drop peppermint extract
- 2 Oreo® cookies
- 2 scoops whey protein powder chocolate (22 grams/per scoop)
- 1 cup non-fat milk

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.