



## 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.