



Mocha Mint

2 scoops Pre & Post Workout Creamy Chocolate
1oz envelope Swiss mocha coffee mix
1 drop peppermint extract
1¹/₂ cups nonfat or 2% milk

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

With nonfat milk

Calories	486
Fat (g)	5
Saturated Fat (g)	3
Cholesterol (mg)	42
Sodium (mg)	490
Carbohydrate (g)	77
Fiber (g)	4
Protein (g)	34
Calcium (mg)	814

With 2% milk

Calories	533
Fat (g)	12
Saturated Fat (g)	7
Cholesterol (mg)	64
Sodium (mg)	445
Carbohydrate (g)	76
Fiber (g)	4
Protein (g)	33
Calcium (mg)	768

