



# The Master's Club

Fitness & Lifestyle Wellness

## THIN MINT

437

CALORIES

50g

PROTEIN

40g

CARBS

10g

FAT

### INGREDIENTS:

|                |                                                       |
|----------------|-------------------------------------------------------|
| <b>1 DROP</b>  | PEPPERMINT EXTRACT                                    |
| <b>1</b>       | OREO COOKIE                                           |
| <b>2 SCOOP</b> | WHEY PROTEIN POWDER<br>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.

