



THIN MINT PROTEIN SHAKE

Makes 1 serving | Serving size: about 1 serving

PREP TIME

5 min

COOK TIME

0 min

TOTAL TIME

5 min

Celebrate St. Patty's Day with this lucky mint shake! It taste just like the box of girl scout cookies you've been craving, but can actually count as a sensible snack.

Ingredients

- 1 scoop chocolate iFit nutrition protein powder
- 1 drop mint extract
- 1 tablespoon cocoa powder
- 2 teaspoons honey
- 1 cup 1% milk
- ½ cup ice



Directions

1. Blend until smooth. Enjoy!