



Mint Oreo® Crunch

- 2 scoops Pre/Post Workout Creamy Chocolate
- 1 drop peppermint extract
- 2 Oreo® cookies
- 1 cup 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	429
Fat (g)	6
Saturated Fat (g)	2
Cholesterol (mg)	42
Sodium (mg)	383
Carbohydrate (g)	62
Fiber (g)	3
Protein (g)	34
Calcium (mg)	774

With 2% milk

Calories	476
Fat (g)	13
Saturated Fat (g)	6
Cholesterol (mg)	64
Sodium (mg)	338
Carbohydrate (g)	60
Fiber (g)	3
Protein (g)	33
Calcium (mg)	728

