

# Be Lean Birthday Cake Protein Shake

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The Be Lean Birthday Cake Protein Shake will help you burn calories vs. storing them. Low-calorie, low-carb, no sugar.....Oh my!

## NUTRITIONAL INFO

Calories: 232

Fat: 1.5 grams

Carbs: 22 grams

Fiber: 3 grams

Sugar: 6 grams

Protein: 36 metabolic boosting grams

Serves: 1

### **Directions:**

Put all the ingredients into a blender or shaker cup and mix well. Garnish with sprinkles.

*\*LynFit's shakes can even be stirred with a spoon.*

### **Ingredients:**

- (3 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice