

# Clean & Lean Apple Pie Protein Shake

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The Clean & Lean Apple Pie Protein Shake will help you save around 200 calories and 20 grams of fat.

## NUTRITIONAL INFO

Calories: 220

Fat: 1 gram

Carbs: 30 grams (25 net)

Fiber: 5.5 grams

Sugar: 3 grams

Protein: 24 metabolic boosting grams

Serves: 1

### **Directions:**

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

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

### **Ingredients:**

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- A dash of cinnamon
- A dash of nutmeg
- A peeled, cored, chopped up apple for bulk