

Fat-Blasting Cinnamon Roll Protein Shake



Directions:

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

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

The classic cinnamon roll could set you back 800 calories, 36 grams of fat, and 59 grams of sugar. The Fat-Blasting Cinnamon Roll Protein Shake will help save you 645 calories, 56 grams of sugar, and 35 grams of fat.

NUTRITIONAL INFO

Calories: 155

Fat: 1 gram

Carbs: 15 grams

Fiber: 1 gram

Sugar: 3 grams

Protein: 24 metabolic boosting grams

Serves: 1

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- (1 tsp.) Cinnamon