

Fat Burning Caramel Frappuccino



Compared to a Starbucks® Caramel Frappuccino, you'll save 260 calories and 66 grams of sugar. Your workouts will be even more productive, thanks to LynFit Complete Protein!

One Starbucks® Caramel Frappuccino (16 oz) = 410 calories, 66 grams sugar, and 67 grams carbohydrates. This stops fat loss!

You'd have to swim for 1 hour and 10 minutes to even begin to burn it off.

Ingredients:

- (2 scoops) Chocolate Complete Protein Powder (all flavors work)
- (¾ cups) Water (can use black coffee as well)
- (6-8) Ice cubes (this is how it thickens)
- (Tiny splash) Sugar & calorie-free caramel syrup

Directions:

Combine ingredients together until blended to desired thickness.