

Metabolic Boosting Hot Chocolate 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 Metabolic Boosting Hot Chocolate Protein Shake will heat up your metabolism so you burn more calories all day long.

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 Chocolate Protein Powder
- ($\frac{1}{2}$ –1 cup) Hot coffee