

Oreo Cookie Craving Killer 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.*

Be honest, how many of us eat just one Oreo® cookie? With the Oreo Cookie Craving Killer Protein Shake, the servings are limitless, and you'll be nourishing your body and boosting your metabolism.

NUTRITIONAL INFO

Calories: 200

Fat: 2 grams

Carbs: 25 grams

Fiber: 1 gram

Sugar: 6 grams

Protein: 24 metabolic boosting grams

Serves: 1

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- (1 tbsp.) Oreo Cookie pudding (sugar-free, if possible)
- Handful of ice