

Peppermint Patty 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 Peppermint Patty Protein Shake helps to relieve bloating, gassiness, and tummy aches due to IBS. This shake will also help to reduce gastric influx.

NUTRITIONAL INFO

Calories: 155

Carbs: 15 grams

Sugar: 3 grams

Protein: 24 metabolic boosting grams

Serves: 1

Fat: 1 gram

Fiber: 1 gram

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Pre-brewed green tea
- Handful of ice
- Or, replace green tea with ½ cup of water & ¼ tsp. of mint extract