

# Thin Mint Protein Shake

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**You'll love this healthy protein shake recipe, just in time for St. Patrick's Day. Have fun and drink it too, without the guilt!**

## **Directions:**

- Pour water into a blender and begin mixing on low speed.
- Add 2 scoops of LynFit protein powder and flavorings and continue blending.
- Add ice cubes one at a time, and mix until ice is thoroughly blended and shake is smooth.

## **Ingredients:**

- (2 scoops) LynFit Protein Powder
- (1 tbsp.) Unsweetened cocoa powder (optional)
- (1 tbsp.) Sugar-free Davinci® Peppermint Paddy Syrup or peppermint tea
- (6 oz.) Water
- (4-5) Ice Cubes