

Café Mocha Shake

INGREDIENTS:

1 scoop Cinch Café Latte Shake Mix
1 scoop Cinch Chocolate Shake Mix
1 cup non fat milk
4-6 ice cubes

DIRECTIONS:

Blend until creamy.

NUTRITIONAL INFORMATION PER SERVING:

280 calories , 24 g protein, 37 g carbohydrate, 3 g fat*

* nutrient values when made with nonfat milk