

Chocolate Dipped Strawberry Shake

INGREDIENTS:

1 1/2 scoops of Strawberry Cinch Shake Mix
1/2 scoop of Chocolate Cinch Shake Mix
8 oz. non fat milk or low fat soy milk
4-6 ea. ice cubes
1 tsp dark chocolate (65% cacao, finely chopped or shaven)
1 large fresh strawberry

DIRECTIONS:

Mix Strawberry Cinch and Chocolate Cinch Shake Mix powders with 8 oz of nonfat milk or soy milk into a blender and blend until smooth and creamy. Add 4-6 cubes of ice, blend until frothy. Pour shake into a tall glass and sprinkle with shaven dark chocolate. Garnish with a fresh strawberry.

Makes 1 servings. Serving size is 8 oz
Calories: 295/serving

NUTRITIONAL INFORMATION PER SERVING:

24 g protein
40 g carbohydrates
5 g fat
103 mg sodium
0mg cholesterol
6g fiber