

Raspberry Chocolate Dream Shake

INGREDIENTS:

2 scoops or 1 packet	Cinch Chocolate Shake Mix
1 C	Fresh or frozen raspberries (unsweetened)
1 C	Non-fat milk or low fat soy milk
4-6	Ice cubes

DIRECTIONS:

Combine ingredients in blender. Blend until smooth. Pour in a tall glass and enjoy!

Makes 1 serving.

Calories per serving: 284

NUTRITIONAL INFORMATION PER SERVING:

24 g protein
49 g carbohydrates
3 g fat
13 g fiber

* Subtract one fruit serving from your Cinch meal plan.

