

Beach Comber

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Ingredients

1 packet Medifast Orange Crème Shake
1-2 tablespoons sugar-free raspberry syrup
1-2 tablespoons sugar-free orange syrup
1/2 cup lime flavored water
1/2 cup ice

Method

Pour ingredients in blender and mix until smooth.

Nutritional Info.

Cal 90-100 | Fat 0.5g | Chol 0mg | Carb 13g | Pro 11-14g