

Chocolate Raspberry

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Ingredients

1 packet Medifast Dutch Chocolate Shake
2 tablespoons sugar-free Raspberry syrup
1/2 cup cold water
1/2 cup ice

Method

Pour ingredients in blender and mix until smooth.

Nutritional Info.

Cal 90-100 | Fat 1g | Chol 0mg | Carb 13g | Pro 10-14g