

Coconut Milkshake

Author: Medifast

Ingredients

1 packet Medifast French Vanilla *or* Dutch Chocolate Shake
2 tablespoons sugar-free Coconut syrup
1/2 cup cold water
1/2 cup ice

Method

Pour ingredients in blender and mix until smooth.

Nutritional Info.

Cal 90 | Fat 0g | Chol 0mg | Carb 13g | Pro 11g