

Mocha Freeze

Author: Medifast

Ingredients

1 packet Medifast Dutch Chocolate Shake
1 tablespoon instant Coffee
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

Please limit to 2-3 times a day due to caffeine levels.