

Mudslide

Author: Medifast

Ingredients

1 packet Medifast Dutch Chocolate Shake
1 tablespoon sugar-free Kahlua® syrup
1 tablespoon sugar-free Irish cream syrup
1 tablespoon sugar-free chocolate 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 11-14g