

# Orange Pineapple Cooler

## Author: Medifast

### Ingredients

1 packet Medifast Orange Crème Shake  
2 tablespoons sugar-free Pineapple 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 0.5g | Chol 0mg | Carb 13g | Pro 11-14g