

Raspberry and Cream

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Ingredients

1 packet Medifast French Vanilla 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 0-0.5g | Chol 0mg | Carb 13g | Pro 11-14g