

Root Bear Float

Author: Medifast

Ingredients

1 packet Medifast French Vanilla Shake
1/2 cup Diet Root Beer soda
1/2 cup ice

Method

Pour ingredients in blender and mix until smooth.

Nutritional Info.

Cal 90-105 | Fat 0-0.5g | Chol 0mg | Carb 13g | Pro 11-14g

Please limit to 2-3 times a day due to caffeine levels. Do not shake!