

Tiramisu Milkshake

Author: Medifast

Ingredients

1 packet Medifast Cappuccino
2 tablespoons 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 100 | Fat 0.5g | Chol 10mg | Carb 13g | Pro 14g