

# **Tropical Freeze**

## **Author: Medifast**

### **Ingredients**

1 packet Medifast Banana Crème Shake  
2 tablespoons sugar-free Coconut syrup  
1/2 cup lime flavored 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