

Tropical Paradise

Author: Medifast

Ingredients

1 packet Medifast French Vanilla Shake
1 teaspoon sugar-free Pineapple syrup
1 teaspoon sugar-free Banana syrup
1 teaspoon sugar-free Coconut syrup
1/2 cup lime flavored water
8-10 ice cubes made with tropical flavored water

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