



Mint Oreo® Crunch

2 scoops WheySmooth Chocolate Crème
1 drop peppermint extract
2 Oreo® cookies
1 cup nonfat milk or 2% milk

Place all ingredients in a blender and blend until smooth.
Add crushed ice as desired for a rich milkshake effect.

With nonfat milk

Calories	437
Fat (g)	10
Saturated Fat (g)	4
Cholesterol (mg)	90
Sodium (mg)	341
Carbohydrate (g)	41
Fiber (g)	4
Protein (g)	50
Calcium (mg)	616

With 2% milk

Calories	469
Fat (g)	14
Saturated Fat (g)	6
Cholesterol (mg)	105
Sodium (mg)	312
Carbohydrate (g)	40
Fiber (g)	4
Protein (g)	49
Calcium (mg)	585

