

Café Mocha

Protein Shake

Ingredients

- 2 scoops Herbalife Nutrition Formula 1 Healthy Meal Nutritional Shake Mix, Dutch Chocolate
- 1 cup nonfat, low-fat or soy milk
- ½ medium banana
- 2 tsp instant coffee crystals
- Dash of cinnamon
- 3-5 ice cubes

Directions

Combine ingredients in a blender and mix well.

With nonfat milk:

235

Calories

18g

Protein

38g

Carbs

1.5g

Fat

