

LOW IMPACT CARB CHOCOLATE

INGREDIENTS

- 8 oz Water
- 2 Scoops PROTEINBLITZ Milk Chocolate
- 1 tbs psyllium fiber
- 2 packets Splenda
- 2 tbs Hershey's Syrup
- 3 tbs heavy whipping cream

DIRECTIONS

Combine all ingredients into blender and blend until smooth.

60g

PROTEIN

421

CALORIES

18.5g

FAT

28g

CARBS

8g

SUGAR

11g

FIBER

PER SERVING

PROTEINBLITZ flavor in this recipe:
MILK CHOCOLATE

