



Mint Oreo® Crunch

- 4 scoops First String Chocolate Blast
- 1 drop peppermint extract
- 2 Oreo® cookies
- 1 cup nonfat milk, 2% or whole 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	767
Fat (g)	11
Saturated Fat (g)	4
Cholesterol (mg)	105
Sodium (mg)	417
Carbohydrate (g)	118
Fiber (g)	4
Protein (g)	52
Calcium (mg)	716

With 2% milk

Calories	799
Fat (g)	15
Saturated Fat (g)	7
Cholesterol (mg)	120
Sodium (mg)	387
Carbohydrate (g)	117
Fiber (g)	4
Protein (g)	51
Calcium (mg)	685

With whole milk

Calories	823
Fat (g)	19
Saturated Fat (g)	8
Cholesterol (mg)	124
Sodium (mg)	384
Carbohydrate (g)	117
Fiber (g)	4
Protein (g)	51
Calcium (mg)	676

