



## The Hulk

### Ingredients:

- 2 scoops vanilla protein
- 1/2 tbsp sugar-free pistachio pudding mix
- 1 mint leaf or a few drops peppermint extract (optional)
- 1 few drops green food coloring (optional)
- 8 oz cold water or low-fat milk
- 3-5 ice cubes

### Directions:

Add all ingredients to blender, blend, and pour into cup. This tastes great without the mint so don't worry if you don't have it around. The shake is a light green even without the food coloring but if you want it green (like The Hulk!), you'll need a few drops.

### Nutritional Information:

For added ingredients (excludes protein powder & use of milk)

*Per Serving:*

Calories - 19

Carbs - 5g

Protein - 0g

Fat - 0g

Fiber - 0g