



## **JNL'S Fitness Model™ Cookies & Cream Protein Shake**

### *Ingredients*

12 oz cold water

1 scoop of BSN Syntha-6 Cookies & Cream Flavored Protein Powder

1/4 cup Cool Whip Lite

6 ice cubes

3 chocolate wafer cookies

### *Directions*

Pour water into the blender and add protein powder and blend on medium speed for 15 seconds.

Add cool whip and ice cubes; blend for 30 seconds on high.

Add cookies and blend on medium speed until mixed.

Pour into a tall glass and enjoy.