



beauty foods™


Chocolate Shake

Get your glow on with these delicious basics made to taste

Product Used In This Recipe:
[Chocolate Bliss Beauty Blend](#)



5 min 

1 servings 

290 cal 

Ingredients:

1 c Vanilla, Sugar-Free, Non-fat Frozen Yogurt
½ c Skim Milk
1 Packet Chocolate Bliss

Directions:

Combine the frozen yogurt, milk, and Chocolate Bliss Beauty Blend in a blender.

***Add ¼ c fresh strawberries or bananas, or substitute Chocolate Bliss with Chocolate Chai Renewal or Vanilla Dream for a delightful change in flavor

Nutrition Facts:

Calories 290, calories from fat 10, total fat 1.2g, cholesterol 12mg , sodium 223mg, sugar 23g, protein 13.6g

