



Chocolate Cordial Meal Replacement Shake

U.S.

8 oz	Water
1 each	Chocolate Meal Replacement
1/4 cup	Cherries, frozen
1/8 tsp	Cherry Extract

Metric

240mL
1 each
35g
0.6mL

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in blender. Blend until smooth. Enjoy!

Nutrition Facts

1 Servings

Serving size **1 shake**

Amount per serving

Calories **180**

Calories from Fat 18

Total Fat 2 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 20 mg

Sodium 380 mg

Total Carbohydrate 29 g

 Dietary Fiber 4 g

 Total Sugars 22 g

 Includes 0g Added Sugars

Protein 15 g

Vitamin D 35 %

Calcium 30 %

Iron 26 %

Potassium 700 mg

Phosphorus 565 mg
