



## Chocolate Hazelnut Meal Replacement Shake

### U.S.

8 oz

1 each

1 tsp

Water

Chocolate Meal Replacement (44 g)

Hazelnut Creamer, sugar-free

### Metric

340mL

1 each

5mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. Place all ingredients in a blender bottle or container with a lid. Shake well. Enjoy

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## Nutrition Facts

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1 Servings

**Serving size**                      **1 shake**

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**Amount per serving**

**Calories**                              **170**

Calories from Fat                      18

**Total Fat**                              2 g

    Saturated Fat                      0 g

    Trans Fat                            0 g

    Monounsaturated Fat              0 g

**Cholesterol**                          20 mg

**Sodium**                                310 mg

**Total Carbohydrate**                25 g

    Dietary Fiber                      2 g

    Total Sugars                        20 g

        Includes 0g Added Sugars

**Protein**                                15 g

Vitamin D                               35 %

Calcium                                 26 %

Iron                                       25 %

Potassium                              700 mg

Phosphorus                             560 mg

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