

# Thin Mint Girl Scout Protein Shake

## ***Ingredients:***

- 2 Thin mint cookies - crushed
- 2 scoops vanilla protein powder
- 1 tsp mint extract
- 1 c ice cubes
- 1c Milk or water

## ***Instructions:***

- 1 Blend all ingredients except cookies.
- 2 Pour into glass  $\frac{1}{4}$  of shake,  $\frac{1}{4}$  sprinkle