

Nel's Peach and Mango Cinch Indulgence

INGREDIENTS:

2 scoops or 1 packet	Cinch Strawberry Shake Mix
1 C	Frozen peaches (unsweetened)
1 C	Frozen mangos (unsweetened)
8 oz.	Water

DIRECTIONS:

Combine ingredients in blender. Blend on low speed, until fruit is blended in. Pour in a tall glass and enjoy!

A SPECIAL NOTE FROM NEL – *“You may have to periodically stop the blender and mix in the fruit so it’s well blended and in small chunks. It should look like sorbet with small chunks of fruit. It’s my favorite Cinch indulgence!”*

Makes 1 serving.

Calories per serving: 357

NUTRITIONAL INFORMATION PER SERVING:

18 g protein
70 g carbohydrates
3 g fat
12 g fiber

* Subtract two fruit serving from your Cinch meal plan.

