

Chocolate Mounds®
Shake

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6 oz. cold water
1 scoop [HMR® 120 Chocolate](#) (or one
packet any chocolate HMR Shake mix)
¼ teaspoon coconut extract
4 or more ice cubes

Calories: 120

1. Pour water into a blender.
2. Begin mixing on lowest speed.
3. While blender is on, add shake mix and extract. Blend for 10 seconds.
4. Gradually add ice cubes, one at a time, replacing the blender cover after adding each ice cube.
5. Continue blending until smooth.