



Atkinscenter.com

[Click to print](#)

Black and White Shake

developed by Fred Thompson

Quick Meal

This delicious combo satisfies both chocaholics and vanilla lovers. Be sure to make ahead of time for flavor to blend.

Ingredients

[1 scoop \(1/4 cup\) Atkins Chocolate Shake Mix](#)
[1 scoop \(1/4 cup\) Atkins Vanilla Shake Mix](#)
[2 tablespoons Atkins Sugar Free Raspberry Syrup](#)
1 cup cold water

Directions

1. Mix the two shake mixes and raspberry syrup with cold water in a shaker or pint jar. Shake until frothy and well combined.
2. Place in the freezer for 20 minutes to allow flavors to blend. Stir to remix before serving.

[IN BRIEF]

Servings: 1
Prep time: 5 minutes
Chill time: 20 minutes

[NUTRITION PER SERVING]

Carbohydrates: 2 grams
Net Carbs: 1 grams
Fiber: 1 grams
Protein: 24 grams
Fat: 8.5 grams
Calories: 175

Good for
Atkins Plus:

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/Black_and_White_Shake.html

Copyright ©1999-2002 Atkins Nutritionals, Inc. All Rights Reserved.

<http://www.atkinscenter.com/>

1-800-2-ATKINS