



Candy Cane Shake



Entire recipe (approx. 16 oz.): 99 calories, 2.5g total fat (<0.5g sat. fat), 164mg sodium, 8g carbs, 0.5g fiber, 4g sugars, 10.5g protein

Prep: 5 minutes



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Ingredients

3/4 cup unsweetened vanilla almond milk
3 tbsp. vanilla protein powder with about 100 calories per serving
1/4 tsp. peppermint extract
1 1/4 cups crushed ice (about 8 ice cubes)
1 packet no-calorie sweetener (like Truvia)
1 mini candy cane (or about 1/4th of a standard candy cane), lightly crushed
Optional topping: light whipped cream

Directions

Place all ingredients in a blender *except* crushed candy cane.

Add half of the crushed candy cane and blend at high speed until smooth, stopping and stirring if needed.

Pour and, if you like, top with whipped topping. Sprinkle with remaining crushed candy cane.

MAKES 1 SERVING

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