



## Ding Dong Protein Freeze



[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

Entire recipe: 148 calories, 5.5g total fat (2.5g sat. fat), 170mg sodium, 16g carbs, 2.5g fiber, 7.5g sugars, 11.5 protein

**Prep:** 5 minutes



More: [Drink Recipes \(Smoothies, Cocktails & More\)](#), [30 Minutes or Less](#), [Single Serving](#)

### Ingredients

2 tbsp. (1 scoop) [Tera's Whey Dark Chocolate Whey Protein](#) (or another chocolate protein powder with similar stats)  
1 tbsp. unsweetened dark cocoa powder  
2 packets no-calorie sweetener  
1 tsp. mini semi-sweet chocolate chips  
1/2 cup unsweetened vanilla almond milk  
1 1/2 cups crushed ice (about 12 ice cubes)  
2 tbsp. light whipped topping (thawed from frozen)  
1 tsp. light chocolate syrup  
Optional: 1/4 tsp. xanthan gum powder (like [the kind by Anthony's](#))

### Directions

In a tall glass, combine protein powder, cocoa, sweetener, and chocolate chips. (Add xanthan gum, if using.) Add 3 oz. very hot water, and stir to dissolve.

Transfer mixture to a blender. Add almond milk and ice. Blend at high speed until smooth, stopping and stirring if needed.

Pour half of the blended drink into the tall glass. Top with whipped topping, followed by the rest of the drink. Drizzle with chocolate syrup.

MAKES 1 SERVING

**HG FYI:** The xanthan gum makes shakes even thicker and creamier!

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