

Candy Cane Protein Shake

Ingredients

- ½ cup Greek Yogurt
- 1 scoop Vanilla MR Protein Powder
- 1 cup of Milk
- 1 tsp stevia
- ¼ teaspoon of Peppermint Extract
- ½ teaspoon of Vanilla Extract
- 1 cup of Ice
- 2 tablespoons of Whipped Topping
- 2 tablespoons of crushed Sugar-free Candy Canes (for garnish, optional)
- 2 Sugar-free Candy Canes (for garnish, optional)



Instructions

1. In a blender combine the ice, yogurt, protein powder, sweetener, peppermint and vanilla extract. Add the milk and blend it on high until well combined.
2. Optional Step: Crush 2 candy canes into tiny bits. Dip the rim of the serving glass in water or milk and roll it in crushed candy canes to coat.
3. Pour the protein shake in the serving glasses and top with a tablespoon of whipped topping.
4. Garnish with a pinch or two of the remaining crushed candy canes.
5. Add an unwrapped candy cane for a festive flair! (Optional)

Notes: Peppermint extract can be very strong. Add a little bit first and add more if needed.

Nutrition Information: || YIELD:2 | SERVING SIZE: 1

Amount Per Serving: CALORIES: 200

TOTAL FAT: 4g, SATURATED FAT: 3g, TRANS FAT: 0g, UNSATURATED FAT: 1g,
CHOLESTEROL: 15mg, SODIUM: 100mg, CARBOHYDRATES: 35g, FIBER: 1.5 G, SUGAR: 10g,
PROTEIN: 23g