

HOW THE GRINCH STOLE CHRISTMAS SHAKE

Nutrition: 250 calories, 20 grams protein, 20 carbs, 4g fat

INGREDIENTS

- 8 oz any milk or Dairy free alternative
- 1 scoop vanilla protein powder, or you can use greek yogurt 4 oz
- 1 TBSP sugar free pistachio pudding mix (dry)
- Optional: add a couple drops green food coloring
- Optional: whipped cream and green grinch sprinkle mix

INSTRUCTIONS:

- Blend all ingredients until smooth. Top with optional whipped cream and sprinkles



GREEN GRINCH PROTEIN SHAKE

Nutrition: 280 calories, Protein: 30 grams, Carbs: 30g, Fat: 5 g fat

INGREDIENTS

- 2/3 cup dairy free milk or soy
- 1 scoop vanilla protein powder, 4 oz greek yogurt
- 1 tsp vanilla
- 1/2 cup low fat cottage cheese
- 1/3 cup pineapple
- 1 TBSP pineapple juice
- 1/2 frozen banana
- 1.5 cups fresh spinach

DIRECTIONS:

~ Mix all ingredients in a blender until well combined, and serve immediately!