



Banana Cream Pie Protein Freeze



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

Entire recipe: 181 calories, 3g total fat (1g sat. fat), 150mg sodium, 28.5g carbs, 2.5g fiber, 15.5g sugars, 12.5g protein

Prep: 5 minutes



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Ingredients

2 tbsp. (1 scoop) [Tera's Whey Bourbon Vanilla Whey Protein](#) (or another vanilla protein powder with similar stats)
2 packets no-calorie sweetener
1/4 tsp. cinnamon
1/4 tsp. vanilla extract
1/4 tsp. xanthan gum (like [the kind by Anthony's](#))
1/3 cup frozen banana coins (about 1/2 medium banana)
1/2 cup [Almond Breeze Almondmilk Blended with Real Bananas](#)
1 1/2 cups crushed ice (about 12 ice cubes)
1 crushed graham cracker (1/4 sheet)
2 tbsp. whipped topping in a can

Directions

In a tall glass, combine protein powder, sweetener, cinnamon, vanilla, and xanthan gum. Add 3 oz. very hot water, and stir to dissolve.

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

Pour half of the drink into the glass. Top with half of the crushed graham cracker.

Top with remaining drink, followed by whipped topping and remaining crushed graham cracker.

MAKES 1 SERVING

HG FYI: The xanthan gum makes shakes thicker and creamier, but feel free to leave it out.

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