



Chilla In Vanilla Milkshake



16 oz. w/ whipped topping (entire shake): 155 calories, 2.5g total fat (1g sat. fat), 108mg sodium, 28.5g carbs, 3g fiber, 16g sugars, 6g protein

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Prep: 5 minutes



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Ingredients

1/2 cup fat-free vanilla ice cream
1/2 cup light vanilla soymilk
1/2 tbsp. sugar-free French Vanilla powdered creamer
2 no-calorie sweetener packets
1/8 tsp. vanilla extract
1 cup crushed ice or 5 - 7 ice cubes
2 tbsp. Fat Free Reddi-wip
Optional: maraschino cherry

Directions

Place powdered creamer in a small dish, and add 1/2 tbsp. very hot water. Stir until powder dissolves, and then transfer mixture to a blender.

Add all other ingredients except the Reddi-wip to the blender. Blend at high speed until completely mixed. Pour into your favorite glass and top with Reddi-wip. If you like, finish it off with a cherry!

MAKES 1 SERVING

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