



Dreamsicle Creamsicle Protein Freeze



Entire recipe: 110 calories, 3.5g total fat (1.5g sat. fat), 144mg sodium, 8g carbs, 0.5g fiber, 3.5g sugars, 11g protein

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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)
1 packet (about 1 tsp.) sugar-free orange powdered drink mix (like [the one by SunKist](#) or [the kind by Crystal Light](#))
1/4 tsp. xanthan gum powder (like [the kind by Anthony's](#))
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)

Directions

In a tall glass, combine protein powder, drink mix, and xanthan gum. Add 3 oz. 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.

MAKES 1 SERVING

HG Alternative: Leave out the protein powder and make it a slushie! Then your drink will have 55 calories, 2.5g total fat (1g sat. fat), 118mg sodium, 6g carbs, 0.5g fiber, 2g sugars, and 0.5g protein (**SmartPoints®** value 1* on all plans).

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