



PB 'n White Chocolate Protein Latte Freeze



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

Entire recipe: 149 calories, 6g total fat (2g sat. fat), 174mg sodium, 13g carbs, 2.5g fiber, 4.5g sugars, 12g protein

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Prep: 5 minutes



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Ingredients

2 tbsp. powdered peanut butter (like [the kind by PB2](#))
1 tbsp. (1/2 scoop) [Tera's Whey Bourbon Vanilla Whey Protein](#) (or another vanilla protein powder with similar stats)
2 tsp. (or 1 single-serving packet) instant coffee granules
2 packets no-calorie sweetener
1 tsp. sugar-free French vanilla powdered creamer
1 tsp. white chocolate chips (we LOVE [the low-sugar kind by Lily's!](#))
1/4 tsp. xanthan gum (like [the kind by Anthony's](#))
1/2 cup unsweetened vanilla almond milk
1 1/2 cups crushed ice (about 12 ice cubes)
Optional: whipped topping

Directions

In a tall glass, combine powdered peanut butter, protein powder, coffee, sweetener, creamer, white chocolate chips, and xanthan gum. Add 1/2 cup very 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 drink into the tall glass.

MAKES 1 SERVING

HG Tip: For a tasty topping, mix some powdered peanut butter with [Pasokin All Natural PB Crumbs Topping!](#)

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