



The Best Protein Shake Ever

Ingredients:

- 2 scoops chocolate protein
- 10 ice cubes
- 12 oz fat free milk
- 2 tbsp fat free vanilla yogurt
- 1 tbsp reduced fat peanut butter
- 2 tbsp hazelnut coffee
- 1/8 cup caramel ice cream topping

You can add more or less caramel topping, depending on how sweet you want your shake.