



## Cinnamon Roll Protein Shake

### Ingredients:

- 2 scoops vanilla protein powder
- 1 tbsp sugar-free instant vanilla pudding
- 1/4 tsp cinnamon
- 1/2 tsp imitation vanilla (or 1/4 tsp extract)
- 1 packet artificial sweetener
- a few dashes butter flavor sprinkles or butter-flavor extract
- 8 oz water (or low-fat milk)
- 3 ice cubes

### Directions:

Add all ingredients to blender, whip, and serve.

### Nutritional Information:

For added ingredients (excludes protein powder & use of milk)

Calories - 25

Carbohydrates - 5g

Protein - 0g

Fat - 0 g

Fiber - 0 g