



Carrot Cake – Oatmeal Cookie Smoothie

Ingredients:

1 scoop vanilla whey
1/4 cup old-fashioned or quick-cooking oats
2 tbsp fat free cream cheese
1/2 tbsp cinnamon
1 tbsp raisins
2 tbsp sugar-free syrup
1/2 cup almond milk
1/2 cup shredded carrots
1 cup crushed ice

Directions:

Blend and enjoy!