



S'mores Protein Shake

Ingredients

- 8 oz almond milk (or other milk of your choice)
- 2 scoops of Vanilla Graham Cracker Weight Loss Whey
- 4 tbsp of Suzanne's rice-mellow creme (gluten-free)
- 2 Graham crackers, broken up into pieces
- 2 tbsp of Hershey's Sugar-Free Chocolate Syrup
- About 1 1/2 cup ice

Directions

1. In a blender mix together the milk, protein powder, and marshmallow fluff.
2. When that's all mixed together, add the graham crackers and chocolate chips.
3. Add ice until your shake reaches your desired texture!

Nutrition Facts

Serving size: 10 oz

Recipe yields: 2

Calories: 195

Fat: 3.25 g

Carbs: 18.5 g

Sugar: 11.5 g

Protein: 23 g