



Healthy Cake Batter Milkshake

★★★★★

200 Calories

Prep Time: 5 **Cook Time:** 0 **Total Time:** 5 **Difficulty:** Easy **Servings:** 1 **Source:** Laura's Creation

INGREDIENTS

1 scoop vanilla or cake pop flavored protein powder* (PE Science)

1/4 Cup Birthday Cake Halo Top Ice Cream

1 cup ice (or more, as desired)

1/4 cup unsweetened almond milk

Optional topping: rainbow sprinkles or light whipped cream

NUTRITION

Makes 1 Serving= 200 Calories, 30 G protein

DESCRIPTION

Whether your goals are fat loss or simply fueling your post workout bod, this low calorie and high protein Cake Batter Shake is the perfect way to end the day!

DIRECTIONS

Put it all in a blender and BLEND! Voila!

Serve in a cool glass and top it with something colorful for insta worthy dessert.

Trivia Light is a great option for a low sugar, low calorie whipped topping.

NOTES

Option to top it off with SPIRULINA crunches instead of rainbow sprinkles for a superfood bonus! Its called balance lol.

The PE Science Cake Pop Flavor is my ABSOLUTE #1 Favorite Flavor!