



BLUEBERRY CHEESECAKE PROTEIN SMOOTHIE RECIPE

SERVINGS: 1

PREPPING TIME: 5 MIN

INGREDIENTS

- 1 1/2 C (210g) Frozen Blueberries
- 2-3 C Baby Spinach
- 1 Tbsp (8g) Sugar Free Cheesecake Pudding Mix
- 1 Tbsp (7g) Graham Cracker Crumbs
- 1 scoop (31g) Vanilla Protein Powder
- 12 oz Unsweetened Almond Milk
- 1/4 C (10g) Fat-Free Whipped Topping

DIRECTIONS

1. If you'd like to skip out on the pudding mix, use a bit of granular sugar substitute. Or if you have it, a powdered sugar substitute like Swerve Confectioner's sugar.

NOTES

Macros: 350 Calories, 29g of Protein, 48g of Carbs, 5g of Fat, 3