

## Candy Cane Protein Shake

Tis the season for holiday flavors! Protein shakes should be no exception. Everyone's tastes are different. My recommendation: add 1/4 tsp of peppermint extract at a time until you find the level of minty you'd prefer.

The cottage cheese is solely for the purpose of creating a smooth protein shake. I promise you won't know it's there! You can skip it if you'd like and try plain Greek yogurt instead. Mine made two good sized protein drinks, I would half this if you weren't looking for high volume.

You could top with a little light whipped cream for a treat feel. If you are *really* feeling in the holiday spirit, you could crush a sugar-free peppermint candy and sprinkle on top!

### Ingredients:

- 2 cups ice
- 1 scoop vanilla whey protein powder
- 1/2 cut low-fat cottage cheese
- 3/4 cup light almond milk
- 1 tbsp sweetener
- 1/2 tsp peppermint extract \*\*adjust per your liking
- light whipped topping



Optional      Topping: Crushed Sugar-free peppermint candy

### Directions:

ONE SIMPLE STEP! Put all the base ingredients in the blender and blend away until desired consistency! Top with crushed peppermint and light whipped cream if desired...and enjoy!!!!.

<http://www.foodcoach.me/2013/12/19/candy-cane-protein-shake/>