

Lillie's Shake
(LillieEatsAndTells.com)

1½ – 2 c. (180-200 g) ice
¾ - 1 c. (180-200 g) milk
1 scoop protein powder
½ - 1 t. vanilla or almond or other extract
¼ t. xanthan gum (don't do too much)
¼ t. stevia or favorite sweetener (optional)
1 T. (15 g) creamer (optional)

Toppings:

1 T. (15 g) PBfit or other powdered peanut butter
1 – 1½ t. (5-10 g) dark or jet black cocoa powder
½ t. Maldon flake salt (optional)

1. Add ingredients to blender.
2. Blend on low then gradually move it up to your preference.
3. Top with favorite toppings.