

# Low-Carb Protein Smoothie



Serves 1

Ingredients:

- 2 to 4 tablespoons heavy cream or light cream
- $\frac{3}{4}$  to 1 cup water or cold coffee
- 1 scoop vanilla whey protein powder
- 1 cup ice cubes
- Optional flavorings (if not using coffee), such as 1 teaspoon Crystal Light powder

## Instructions:

Blend all ingredients in a blender until smooth. Add more ice cubes for a more frozen consistency.

Nutrition per serving: Calories 329; Total Fat 23.0 g; Saturated Fat 14.1 g; Monounsaturated Fat 6.5 g; Polyunsaturated Fat 1.1 g; Total Carbohydrates 5.5 g; Dietary Fiber 0.0 g; Sugar Alcohols 0.0 g; Sugars 5.5 g; Protein 24.8 g; Sodium 123 mg