

SPB & B Cheesecake Smoothie

- ❖ ½ cup ice
- ❖ 1 cup Vanilla Almond Milk
- ❖ 6 oz. Strawberry Banana yogurt
- ❖ 1 scoop Strawberry Mousse protein powder
- ❖ 1 large banana
- ❖ 1 tbsp. PB2
- ❖ 1 tbsp. instant Cheesecake Jell-O
- ❖ Vanilla extract to taste

1. Throw it all in a blender and blend it all up!

Note: Watching Carbs?

Use the unsweetened vanilla almond milk, sugar free Cheesecake Jell-O, and remove the banana. I add a dash of banana extract when I want to watch my carbs. (Which really should be all the time.)

Kroger's CARBmaster Strawberry Banana dairy product can be used in place of the yogurt.

