Funfetti Smoothie

Recipe makes 1 smoothie

<u>Ingredients</u>

3/4 cup Light Greek Vanilla
Yogurt
1/2 cup Fairlife Milk
1 scoop Legion Birthday Cake
Protein Powder (or any brand of vanilla)
2 tsp Rainbow Sprinkles
1 tsp Cake Batter Extract
IOOg Ice Cubes (about 6 cubes)

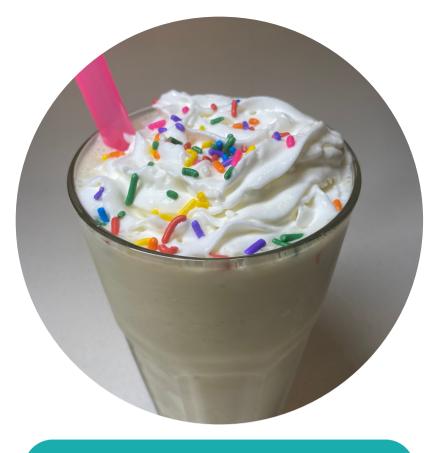
Instructions

 Add all of your ingredients to a blender and blend to your desired consistency

2. Pour into a glass or shaker bottle.

3. Optional - Top with whipped cream & additional sprinkles and enjoy!

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Nutrition Profile

- per smoothie -

Calories - 310 Fat - 3g Carbohydrates - 25g Protein - 43g

Notes

- The 2 tsp of sprinkles in this recipe adds a total of 6O calories and IOg of carbs to the overall nutrition. If you want to lower the calories or carbs for this smoothie, cutting back or leaving out the sprinkles is an easy way to do so.
- This smoothie is a great option for a high protein dessert, snack, or even a post workout protein shake.
- The consistency of this recipe is like a thick protein shake. If you like more of a milkshake consistency, you can skip the milk and add more ice. Adding a tsp of xanthan gum will make this more of an ice cream consistency if you want something even thicker.