

# Funfetti Smoothie

*Recipe makes 1 smoothie*

## Ingredients

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  
100g Ice Cubes (about 6 cubes)

## Instructions

1. 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!



## Nutrition Profile

*- per smoothie -*

Calories - 310

Fat - 3g

Carbohydrates - 25g

Protein - 43g

  @zachcoen

[www.mindbodyandnutrition.com](http://www.mindbodyandnutrition.com)

# Notes

- The 2 tsp of sprinkles in this recipe adds a total of 60 calories and 10g 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.