

# French Silk Protein Shake

- Prep Time 10 min
- Total Time 10 min
- Servings 1

- 1 scoop chocolate protein powder (6 tablespoons)
- 1 tablespoon ground flaxseed meal
- 1 cup chocolate-flavored almond milk
- 1/2 cup ice cubes
- 1 tablespoon unsweetened baking cocoa
- 1 teaspoon vanilla
- 1 tablespoon frozen (thawed) fat-free whipped topping
- 1 tablespoon graham cracker crumbs
- 1 teaspoon grated bittersweet chocolate



1. In blender, place first 6 ingredients. Cover; blend on high speed until smooth.
2. Pour into large glass; top with remaining ingredients. Serve