

STRAWBERRY CHEESECAKE

PROTEIN SHAKE

Ingredients

- 8 ounces milk (I use Silk Unsweetened Almond - Vanilla)
- 1-2 ounces water, to thin out
- 3-4 frozen strawberries
- 1 tablespoon Sugar Free Jell-O Cheesecake Pudding powder
- Vanilla protein powder

Instructions

1. Put milk into blender
2. Add powders and swirl gently
3. Add frozen strawberries
4. Blend until smooth
5. Add water to thin, optional, and blend until smooth, creamy and the consistency you want!