

Candy Cane Smoothie

Recipe makes 1 serving

Ingredients

- 6-8 Ice Cubes (100-150g)
- 1/2 cup Fat Free Fairlife Milk
- 1 scoop Legion Birthday cake Protein Powder
- 1 tsp Vanilla Extract
- 1 drop Peppermint Extract



Instructions

1. Add all of your ingredients into a blender and blend until you reach your desired consistency.
2. Pour into a glass or shaker bottle.
3. Enjoy!

Nutrition Profile

- per serving -

Calories - 200

Fat - 2g

Carbohydrates - 9g

Protein - 35g

***Fiber - 0g**

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Notes

- **There isn't much to this smoothie and it's pretty low calorie. It makes a great snack, dessert, or post-workout shake.**
- **The candy cane and other toppings in the picture are for aesthetic purposes only. But if you can always add these yourself if you'd like. If you are tracking calories, just account for the additional calories.**