

Caramel Apple Protein Shake

Jell-O Sugar-free Creamy Caramel Pudding Snack

½ cup apple cider

1 scoop vanilla protein powder

¼ cup sugar-free ice cream

¼ teaspoon cinnamon

1/8 teaspoon vanilla extract

1 cup ice cubes

2 Tbsp. sugar-free whipped topping

Place all ingredients in blender except for sugar-free whipped topping and blend until smooth. Pour into a glass and top with whipped topping. Makes one serving.

Nutritional information per serving: 315 calories, 25 grams protein, 6 grams fat, 37 grams carbohydrate, 262 mg sodium