

## Gelatin Protein Shakes

Submitted by Lynette P.

These are really pretty basic protein shakes, but the good thing is that you can't taste the protein or aftertaste in them! They are fantastic-tasting and get a nice thick consistency--very much like a real milkshake. Basically, you make a shake the way you normally would in a blender (not a shaker) with protein powder, ice and liquid – but the “twist” is to use flavored gelatin water instead of plain water.

Step 1: Make gelatin water by dissolving a package of sugar-free gelatin in 1 cup hot water and then add 1 cup of cold water per package instructions. If this flavor is too intense, add an additional cup or two of cold water to taste.

Step 2: Place  $\frac{3}{4}$  cup of liquid gelatin water (if the gelatin has set, just microwave it for 10-15 seconds to partially melt) in the blender. Add  $\frac{3}{4}$  cup ice and protein powder flavor of choice (plain and vanilla work well). Add fruit (no-added-sugar) if desired. Blend and enjoy.

Combination suggestions:

1 Scoop protein powder	$\frac{3}{4}$ Cup sugar-free gelatin water	$\frac{3}{4}$ Cup ice	Fruit--optional
Vanilla or plain	Orange flavor	Ice	Mandarin oranges
Vanilla or plain	Strawberry flavor	Omit	Frozen strawberries
Vanilla or plain	Strawberry flavor	Ice	Fresh strawberries
Vanilla or plain	Peach flavor	Ice	Fresh or canned peaches
Vanilla or plain	Raspberry flavor	Ice	Fresh raspberries
Vanilla or plain	Lemon flavor	Ice	Omit
Vanilla or plain	Lime flavor	Ice	Omit

Nutrition information is dependent on ingredients.