

New Whey Whip

Submitted by Terri R.

1 tube New Whey Liquid protein

1 cup Kool-Aid®, sugar free

1 cup ice

2 Tbsp Cool Whip Lite®

Place all ingredients in blender and blend on high for 30 seconds. Makes one serving.

Nutrition information per serving: 196 calories, 42 grams protein, 1 gram fat, 4 grams carbohydrate, 69 mg sodium.