

# Skinny Shake

**Prep Time:** 5 Min **Total Time:** 5 Min  
Serves 1

## Ingredients

3/4 cup almond milk

15 ice cubes

1/2 tsp vanilla

1-2 Tbsp unsweetened cocoa powder

1/3 banana

## Instructions

- 1 Place all ingredients into blender
- 2 Blend on high until smooth

## Notes

This is a great recipe to use for lunch in preparation for those holiday dinners. It's filling but low calorie.

Add stevia or xylitol to taste if needed.

Add 1-2 Tbsp Peanut Butter for additional flavour & protein.

Add protein powder to make this into a meal replacement.

team victory / spray it away <http://sprayitaway.ca/>