
CRUSH IT! Café: Candy Cane Protein Shake

Recipe:

1 scoop (28g) Chocolate Peppermint Bark Core ISO

1 cup Fairlife chocolate milk

¼ banana

6-7 ice cubes

2 T. whipped topping

Optional Garnish – candy canes & chocolate syrup

Directions:

Mix all ingredients in a blender and blend until smooth. Serve immediately.

Macros

Serving Size: 1 shake

Servings: 1

292 calories

6.5g Fat

22.5g Carbohydrate

36g Protein