

WHEY PROTEIN

16 OUNCE

Chocolate Chip Protein Shake

- 8 ice cubes
- ¼ cup cottage cheese
- ¼ cup milk or almond milk
- ¼ cup whipping cream
- 1½ Tablespoon Protein Powder
- 1 Tablespoon Powdered Simple Sweet
- 2 Teaspoon Vanilla
- ¼ Teaspoon butter pecan flavoring
- 1/8 Teaspoon black strap molasses
- 2 Tablespoons Simple Foods Chocolate Chips
- Pinch of salt

1. Place all ingredients in blender, blend till smooth

Ingredients:

Whey (Milk) Protein Isolate

