

ALMOND COCONUT SHAKE (ANYTIME)

PRELUDE

The taste harmony of almond and coconut has long been known by candy makers. Now you can enjoy these two flavors without all the sugar, and with whey protein for a balanced meal.

INGREDIENTS

1 scoop chocolate whey protein
 1 cup chocolate 2 % Carb Countdown dairy beverage
 6 almonds
 1 tbsp grated coconut
 Splenda, to taste
 1/2 tsp almond extract
 1 cup ice

Prep Time – 5 minutes

Difficulty Level – Easy

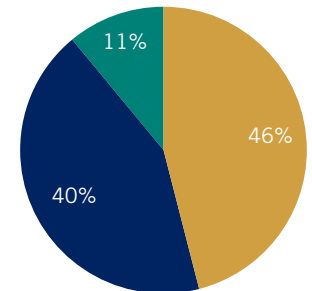
Servings – 1

INSTRUCTIONS

Combine all of the ingredients except the almonds in a blender and process on medium-high for about a minute, until the shake is smooth and creamy. Add the almonds and process on low, just until they are chopped but not entirely pulverized.

NUTRITIONAL INFORMATION, PER SERVING

Calories (k/cal)	351
Protein (g)	37
Carbohydrates (g)	11
fiber (g)	5
sugars (g)	5
Fat (g)	19
SFA (g)	11
MUFA (g)	5
PUFA (g)	2
Omega-3 (g)	0
Omega-6 (g)	1.1



■ Protein ■ Carbs ■ Fats