



## Cinnamon Bun Shake



Entire recipe (about 16 oz.): 163 calories, 6.5g total fat (2.5g sat. fat), 254mg sodium, 15g carbs, 2g fiber, 7.5g sugars, 11.5g protein

**Prep:** 5 minutes    **Cook:** 5 minutes or less

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### Ingredients

#### Glaze

- 1 tsp. reduced-fat/light cream cheese
- 1 tsp. honey
- 1/4 tsp. cinnamon

#### Shake

- 1 tbsp. reduced-fat/light cream cheese
- 3/4 cup unsweetened vanilla almond milk
- 3 tbsp. vanilla protein powder with about 100 calories per serving (like the kind by [Quest Nutrition](#) or [Tera's Whey](#))
- 2 no-calorie sweetener packets (like Truvia)
- 1 tsp. cinnamon
- 1/2 tsp. vanilla extract
- 1 1/2 cups crushed ice (about 12 cubes)

### Directions

In a small bowl, mix glaze ingredients until mostly smooth and uniform.

In a small microwave-safe bowl, combine cream cheese with 1 tsp. water. Microwave for 10 seconds, or until melted. Stir until smooth and uniform.

Transfer cream-cheese mixture to a blender, and add remaining shake ingredients.

Blend at high speed until smooth, stopping and stirring if needed. (The longer you blend it, the bigger and frothier it'll get.)

Pour into a tall glass, and drizzle with glaze.

#### MAKES 1 SERVING

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