



Strawberry Cloud



Entire recipe: 114 calories, 2.5g total fat, 105mg sodium, 17g carbs, 2g fiber, 11g sugars, 4g protein

Prep: 5 minutes



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Ingredients

- 2 tsp. sugar-free French vanilla powdered creamer
- 3 no-calorie sweetener packets
- 2/3 cup frozen unsweetened strawberries
- 5 oz. light vanilla soymilk
- 1 oz. sugar-free calorie-free strawberry-flavored syrup
- 1/2 cup crushed ice or 3 to 4 ice cubes
- 2 tbsp. Fat Free Reddi-wip

Directions

In a tall glass, combine creamer with sweetener. Add 2 tbsp. hot water and stir to dissolve.

Transfer mixture to a blender. Add all remaining ingredients except Reddi-wip and blend at high speed until smooth.

Pour, top with Reddi-wip, and enjoy!

MAKES 1 SERVING

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