



Apple Pie a la Mode Protein Freeze



[Click here](#) to see Lisa make it on Facebook, and [click here](#) for YouTube!

Entire recipe: 202 calories, 5.5g total fat (3g sat. fat), 187mg sodium, 27.5g carbs, 3.5g fiber, 15g sugars, 11.5g protein

Prep: 5 minutes



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Ingredients

2 tbsp. (1 scoop) [Tera's Whey Bourbon Vanilla Whey Protein](#) (or another vanilla protein with similar stats)
1 tbsp. sugar-free French vanilla powdered creamer
2 packets no-calorie sweetener
1/2 tsp. cinnamon, or more for topping
1/4 tsp. xanthan gum (like [the kind by Anthony's](#))
1/8 tsp. citric acid (like [the kind by Milliard](#))
Dash nutmeg
1/2 cup unsweetened vanilla almond milk
1/2 cup unsweetened applesauce, frozen (see HG Tips)
1 cup crushed ice (about 8 ice cubes)
2 tbsp. whipped topping in a can
1 graham cracker (1/4 sheet), crushed
1 tbsp. chopped freeze-dried apples

Directions

In a tall glass, combine protein powder, creamer, sweetener, cinnamon, xanthan gum, citric acid, and nutmeg. Add 3 fl. oz. very hot water, and stir to dissolve.

Transfer mixture to a blender. Add almond milk, frozen applesauce, and ice. Blend at high speed until smooth, stopping and stirring if needed.

Pour drink into the tall glass. Top with whipped topping, crushed graham cracker, and freeze-dried apples.

MAKES 1 SERVINGS

HG Tips: Single-serving applesauce cups like the kind by Mott's are the perfect size for this recipe! If you have trouble removing the applesauce from the container, soak it in warm water for a minute or so.

HG FYI: The citric acids adds a little tartness to round out the sweetness!

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