



Frosty Lemonade



Entire recipe (16 oz.): 110 calories, 0g total fat (0g sat. fat), 221mg sodium, 7.5g carbs, <0.5g fiber, 7g sugars, 14.5g protein

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Prep: 5 minutes

Freeze: at least 6 hours or overnight



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Ingredients

9 oz. Fairlife Fat Free Ultra-Filtered Milk, divided
1 packet sugar-free lemonade drink mix
1/2 tsp. vanilla extract
1/4 tsp. xanthan gum

Directions

Pour 3 oz. milk into an ice cube tray (about 6 cavities of the tray). Freeze until solid, at least 6 hours.

In a small blender or food processor, combine milk ice cubes, remaining 6 oz. milk, drink mix, extract, and xanthan gum. Blend until smooth.

MAKES 1 SERVING

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